
MORE
FOR WOMEN OF STYLE AND SUBSTANCE
APRIL 2015
VOL. 18 NO. 3
YOUR BEST HAIR AT 30, 40, 50
SURVEY: WHAT YOU REALLY THINK ABOUT YOUR FRIENDS
15 HABITS OF WEALTHY PEOPLE
THE NEW HOT SPOT FOR TRAVEL
HOW TO WEAR SPRING'S FRESHEST COLOR
LENA HEADEY
THE GAME OF THRONES STAR ON LISTENING TO YOUR GUT
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Cover photo: David Slijper.
Stylist: Isabel Dupré; hair: Mark Townsend for Dove Hair Care; makeup: Mai Quynh for Lancôme; manicure: Ashlie Johnson for Chanel Le Vernis at the Wall Group; prop styling: Owl and the Elephant Studio. Alberta Ferretti silk chiffon needlework dress; Saks Fifth Avenue. Bulgari rose-gold bracelet with amethyst, rubellite and diamonds; bulgari.com. To get Headey's look, try Lancôme Teint Visionnaire Foundation, Blush Subtil Shimmer in Pink Flames, Color Design Eyeshadow Palette in 207 Petal Pusher.

PHOTOS, FROM LEFT: PETER LIPPMANN, DAVID SLIJPER, SIMON WATSON





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*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. **Results based on consumer responses in a clinical study with makeup on, immediately after application.

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PHOTOS, FROM LEFT: MARCUS ZIEGLER, GRANT CORNETT, GENTL & HYERS



RITA VINIERIS

ritavinieris.com



THE *MORE/FITNESS/SHAPE* WOMEN'S

HALF MARATHON

JOIN US Sunday, April 19, for our 12th annual race in New York City's Central Park, with the theme Women Run the World. This year we're honoring leaders who are raising awareness of climate change; participants' donations will help alleviate the global impact of natural disasters. Space is limited, so register now at *morefitnesshalf.com*.



Meet a stellar *More* contributor

SUZANNA ANDREWS is a fearless investigator who specializes in fearless women. For *More*, she's captured antifracking activist Sharon Wilson, outspoken charter schools chief Eva Moskowitz and U.S. Senator Elizabeth Warren. Andrews grew up in countries that kept citizens under surveillance, so she was especially well suited to the subject she tackles this month on page 98: Jesselyn Radack, attorney for high-profile whistle-blowers including, yes, the controversial Edward Snowden. ***@AndrewsSuzanna***

FOLLOW-UP

↓

OUR STORY ON CAMPUS RAPE HITS A NERVE

IN OUR FEBRUARY ISSUE, we examined the legacy of sexual assault at college—the effect it has on women years later (*more.com/legacyofcampusrape*). One survivor we interviewed, Katie Koestner, executive director of Take Back the Night (TBTN), told us that the story moved some of you to action. Her group received an influx of messages from women offering support for survivors or requesting TBTN's help in possibly reporting rapes that occurred long ago. Now Koestner invites you to attend TBTN's national "10 Points of Light" vigil on April 30. Search for a location near you at *takebackthenight.org*.

ILLUSTRATED BY *Cath Riley*

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LETTER FROM

THE EDITOR



If you hear something, say something

THE CURRENT statistics on women's advancement are downright depressing. According to the National Women's Law Center, the drive to achieve equal pay for equal work has stagnated nationwide at 78.3 female cents to every male dollar. Catalyst, the organization that tracks women in business, reports that we hold only 4.6 percent of CEO positions at S&P 500 companies. And according to the Center for American Women and Politics at Rutgers University, women accounted for just 19.3 percent of members of the House of Representatives in 2015—that's only 4 percent higher than in 2005. I could go on, but you know where I'm headed.

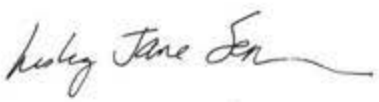
I edit a magazine that is dedicated to helping women have futures full of joy and possibility, and that includes offering information on how to become financially secure. But how will we get there, I wonder, if the jobs and positions that confer money and power still go by a vast majority to men?

So I've come up with a crazy scheme to have a million of us each move the needle a tiny bit at a time until we create a womanquake. My plan borrows from the Department of Homeland Security's "If You See Something, Say Something" campaign, which asks each of us to report suspicious behavior.

My version: What if every female manager in America hired her next female employee at a salary equal to that of the men doing the same job? What if every woman investor decided to back women-led start-ups, which are grossly underfunded? What if every woman consumer asked companies with few women, or none, among their board members and/or executives why they maintain this disparity when statistics show that diversity at the top leads to increased revenue?

I started my own private ground war last month by declining to buy a ticket to a digital conference that offered an egregious speaker ratio of one female to every 20 males. "I am passing this year," I wrote in reply to the email solicitation the organizers sent me, "because there are too few females on your panels—and zero women among your keynote speakers. I really wouldn't feel comfortable buying a ticket"—which, by the way, cost hundreds of dollars—"until you have corrected this problem." I've also done the consciousness-raising math with a couple of big institutions I deal with, pointing out the number of women versus men in various contexts. In a small but, to me, significant victory, one official I contacted about this kind of gender bias said he felt sheepish that he and his colleagues had "never thought of it that way."

What private war could *you* wage? Let me know at more.com/saysomething.



LESLEY JANE SEYMOUR
Editor-in-Chief

YOU BE *MORE*'S EDITOR—AND WIN $10,000! I know you have an opinion about every page in the magazine. Now's your chance to vent—by taking our online survey. It's simple. After you've read this issue, just go to more.com/april-2015-survey and tell me what you think—and enter to win $10,000. Please note: Complaints are as welcome as compliments. Really! Because knowing more about your reactions—whether positive or negative—is what helps me make the magazine better. For rules, see page 124.

HAIR: MARK ANTHONY; MAKEUP: DANIELLA AT WORKGROUP LTD.

PHOTOGRAPHED BY *Ari Michelson*


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THAT '70S SHOW

SCRATCH #THROWBACKTHURSDAY. THIS SEASON, RETURN TO THE DISCO DECADE ANY DAY OF THE WEEK TO HAVE FUN, LOOK FABULOUS AND FEEL FAR-OUT



1

GROOVY RUBY

This cherry polish flatters all skin tones and conveys confidence, the earmark of the era. "I love this color as a French chevron tip over a pale pink nail, like Sharon Stone in *Casino*," says Smith & Cult founder Dineh Mohajer.

SMITH & CULT *Nailed Lacquer in Kundalini Hustle*; **SMITHANDCULT.COM.**

PHOTOGRAPHED BY *Grant Cornett*



2

PATCHOULI FOR GROWNUPS

Spiked with sweet notes of vanilla and tobacco, this intoxicating scent gets its spice from the '70s standout patchouli. "It provides depth and sensuality," explains Bulgari master perfumer Daniela Andrier.

BULGARI *Le Gemme Eau de Parfum in Noorah*; **BULGARI.COM.**

SET DESIGN: NOEMI BONAZZI AT BRYDGES MACKINNEY

3

IN THE NAVY

"Back then, eye makeup wasn't about precision," recalls Dior makeup artist Ricky Wilson. Rim lids with this creamy navy crayon, he advises, then smudge à la Farrah Fawcett.

DIOR *Diorshow Khôl Stick in Smoky Blue*; **DIOR.COM.**



FOR ART'S SAKE

ARE THIS SEASON'S POP ART–INSPIRED ACCESSORIES BROUGHT TO YOU BY A TOP DESIGNER OR A MUSEUM CURATOR? WE COULDN'T SAY

1

SPLATTER STUDY

The trend in lace-ups rages on, but now they're slimmer and slightly pointed. Add this Jackson Pollock–esque interpretation to your permanent collection and wear with pants or knee-length (or longer) skirts and dresses.

CHRISTIAN LOUBOUTIN *python oxford*; CHRISTIANLOUBOUTIN.COM.



PHOTOGRAPHED BY *Grant Cornett*


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2

POP CLUTCH

This structured bag, which looks as if it's on loan from Roy Lichtenstein's studio, will turn comic fun into a grownup conversation starter. It's a visual *ka-pow!*, so pair it with solids.

ANYA HINDMARCH *leather clutch*; **646-852-6233.**

SET DESIGN: NOEMI BONAZZI AT BRYDGES MACKINNEY

3

PRECIOUS PUCKER

A mixed-media composition with the wit of an Andy Warhol, this ring is ideal for those moments when you need to give your look a little lip service—or just want to tell someone to kiss off.

HOLLY DYMENT *18k gold and enamel ring with diamonds and ruby drop*; **BERGDORF GOODMAN.**





1

HOT SEAT

A pop of color isn't just for your closet; it livens up your table as well. I love this classic design, which is based on a Tolix chair first made in France in the 1930s. It stacks with ease, wipes down clean and doesn't take up too much space. Musical chairs never looked so good.

METROPOLIS SIDE CHAIR *painted metal*; HAMMERTOWN.COM.

SITTING PRETTY

NEED A STYLISH SEAT AT THE TABLE FOR ONE MORE? WITH THIS BRIGHT BEAUTY, EVERYONE IS WELCOME

BY SHEILA BRIDGES

PHOTOGRAPHED BY *Grant Cornett*

SET DESIGN: NOEMI BONAZZI AT BRYDGES MACKINNEY

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Globe Trekkers' GUIDE TO GREAT BEAUTY PRODUCTS

Insiders know: There's a beauty bounty beyond our borders. Here, five industry experts reveal the goodies they buy on the road

BY MELANIE RUD CHADWICK

You'll find lush ingredients like rose, seaweed, gardenia and clove in our pros' picks.

PHOTOGRAPHED BY *Gentl & Hyers*



THESE FIVE beauty pros have serious status—the frequent-flier kind. Whether they're sourcing products for their companies or seeing international clients, they regularly visit Europe and Asia. Luckily for the rest of us, most of the great products they find there can now be purchased online. For the few that can't, we've supplied the brands' websites, which provide specifics on where to buy the booty abroad.

EXPERT 1

Troy Surratt

Surratt is a celebrity makeup artist in New York City and the creator of Surratt Beauty, a makeup collection inspired by artisanal methods that he witnessed in his travels to Japan. He visits Asia and Europe regularly and brings home:

RHOTO Z!
PRO EYE DROPS

"They're a staple at Japanese drugstores because they make the whites of your eyes gleam, and they also feel cooling. I've been bringing them back from Japan for the past 13 years, and I use them whenever my celebrity clients are going from a red-eye flight to the red carpet." ABOUT $8; JAPANMANIA-SHOP.COM THROUGH PAYPAL

DOLLY WINK
FALSE EYELASHES

"During my first trip to Tokyo, I was immediately struck by the popularity of false lashes and couldn't believe how many options there were. I'd bring back bins of falsies. Because the full strips are on invisible bands, they look natural." ABOUT $14; SASA.COM

BIODERMA
CREALINE H2O

"When I first started assisting backstage at Fashion Week, I noticed that all the makeup artists were using this cleansing water from Paris. I tried it and thought, Where have you been all my life? It dissolves any traces of even the most stubborn makeup quickly and efficiently. Plus, it doesn't sting, so my clients love it." $30; NEWLONDONPHARMACY.COM

EXPERT 2

Alyssa Barrie Weiss

Weiss is the founder and CEO of travel beauty.com, a website devoted to selling luxury beauty finds from around the world. Some of her favorite destinations are France, Israel, Italy and the French West Indies, where she stocks up on:

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A perfect pair for every style is AVEENO® Daily Moisturizing Body Wash and Lotion. Cleanse and then moisturize for healthier looking skin in 1 day. Exclusive AVEENO® ACTIVE NATURALS® Oat has 5 vital nutrients, naturally found in healthy skin. Because beautiful skin goes with everything.
Aveeno
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DAILY MOISTURIZING
body wash
helps replenish skin's natural moisture for healthier looking skin
DERMATOLOGIST RECOMMENDED
Aveeno
ACTIVE NATURALS
daily moisturizing
lotion
clinically proven to relieve dry skin
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effect. We call it bee-tox. It can be used as a 20-minute mask or applied on top of face oil or moisturizer and left on all day." $74 TO $160; TRAVELBEAUTY.COM

BIAFINE
EMULSION

"My whole family is hooked on it—a multitasking cream found in every French pharmacy. My website's skin-care expert, Yasmine Djerradine, recommended it when I had surgery 15 years ago because it helps prevent scarring. It's an anti-inflammatory—great to soothe redness." $40; AVIBON.COM

ACQUA DELL'ELBA
EAU DE TOILETTE DONNA CLASSICA

"I was on vacation in Tuscany and traveled to the small island of Elba, where I wandered into a tiny boutique and discovered this scent. It's become my new go-to. It's so fresh and clean, with just a hint of gardenia." ABOUT $49 FOR 50 MILLILITERS; ACQUADELLELBA.IT FOR SHOPPING INFORMATION ABROAD

EXPERT 3

Tom Bachik

Bachik is the global nail designer for L'Oréal Paris. He frequently works with celebrities and major fashion houses, designing custom nail looks. He relies on:

NAKASONE
CUTICLE NIPPER

"I'm constantly using—and then disinfecting—my cuticle cutters, so it's essential that they not dull or rust. A renowned nail technician in Japan introduced me to this pair that stays razor sharp no matter what. It's created from the same type of steel used to make samurai swords!" ABOUT $258; GLOBAL.RAKUTEN.COM/EN

GLOSSEMI
GEL PAINTS BY EKATERINA MIROSHNICHENKO

"I love looking at the work of international manicurists on Instagram. I saw a picture of a cool manicure posted from Russia and noticed this gel paint in the background. Unlike regular polish, which dries flat, these paints stay thick and raised, for a 3-D look. And they come with foils that adhere to the paint as it dries, creating a modern chrome finish." ABOUT $6; EMISCHOOL.COM; MINIMUM ORDER OF ABOUT $45 REQUIRED

BIO SEAWEED
SCULPTING GEL SYSTEM

"Not all the celebrities I work with have naturally long, gorgeous nails. Manicurists often use acrylics to add shape or length, but traditional ones are damaging and have to be filed off or left on until the nail grows out. This Canadian product I found at an international trade show doesn't smell and is premixed. The best part is that it can be quickly soaked off, making it easy to change up a manicure." BIOSEAWEEDGEL.COM FOR A SALON DIRECTORY

EXPERT 4

Jen Atkin

Atkin is a celebrity hairstylist whose clients include Jessica Alba and Sofia Vergara. When not traveling with her A-listers, Atkin divides her time among salons in New York City, Los Angeles and Dubai and takes with her:

CHRISTOPHE ROBIN
REGENERATING HAIR MASK

"I've loved this mask since I discovered it in Paris while I was working at Fashion Week. The key ingredient, prickly pear seed oil, helps repair damage, making it an ideal treatment if you color your hair or style with hot tools every day. It works for all hair types—a major plus." $70; SAKSFIFTHAVENUE.COM

YUKO
PHI-TEN TSUYA-PATA TREATMENT SHINE SPRAY

"Kourtney Kardashian gave me this spritz from Japan. It works like a hairspray, but it's designed to deliver sheen, not hold. It's the best I've ever used. The nozzle is amazing because it delivers the lightest mist of product, so your hair is left with just a veil of shine and doesn't look greasy." $28; SLEEKHAIR.COM

KENT STYLE
PROFESSIONAL COMB SPC 84

"I was recently in Singapore and found this great comb, which happens to be made in Britain, at a high-end barbershop where my husband was getting his hair cut. I love how it's two in one: You can use the fine-tooth side along the hairline and the pick on the other end for teasing." ABOUT $5; KENTBRUSHES.COM

EXPERT 5

Marla Malcolm Beck

Beck is cofounder and CEO of Bluemercury, a luxury beauty-products and spa retail chain, and has introduced several international brands to the U.S. She travels frequently for both business and pleasure and has discovered:

JAMES READ
SLEEP MASK TAN

"I saw it at Harvey Nichols in London, one of my favorite shops in the U.K., and the name grabbed my attention. Who doesn't want to wake up looking sun kissed? I love that it's multifunctional; it gives you a glow and deeply hydrates skin. And it smells nice. I had to offer it in Bluemercury stores!" $43; BLUEMERCURY.COM

CAOLION
BLACKHEAD STEAM PORE PACK

"Korean women have flawless complexions, so you know their skin-care products are going to be spot-on. I recently got hooked on this charcoal mud mask, which exfoliates and hydrates skin while clearing out your pores. I use it once or twice a month or when I get a pimple." $23; PEACHANDLILY.COM

RAEN
ROUND SOAPS

"I love exploring how local ingredients are used in beauty products, and a good example is these beautiful soaps I discovered in Istanbul. They're available in 33 scents, based on ingredients you'd find at the local bazaar, like clove, rose and amber." ABOUT $7; RAEN.COM.TR FOR SHOPPING INFORMATION ABROAD

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YOUR THINNING HAIR

Some products temporarily coat thinning hair. Women's ROGAINE® Foam gets to the root of the problem. Reactivating inactive follicles from the inside out. Apply once a day to regrow hair, restore body and revive volume.





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Use as directed. *In a 6-month placebo-controlled clinical study (n=404). **Based on mean hair strand diameter.

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Sunny-side up

WE KNOW WHAT YOU THINK: YELLOW? HELL, NO. WE SAY IT'S AN INSTANT MOOD BOOSTER AND PROMISE THERE'S A SHADE FOR YOU

STYLED BY JONNY LICHTENSTEIN

PAIR WITH THE UNEXPECTED

Yellow is trending this season, and that's no surprise to experts. "Bright, uplifting colors become popular when times are tough," says Leatrice Eiseman, executive director of the Pantone Color Institute. "Yellow is warm and hopeful. It's perfect right now." What's unconventional here is teaming the hue with bold, earthy green—a one-two style punch. As for the knee-length vest? You'll see versions everywhere this season; we love it as an alternative to a jacket or sweater.

DKNY *cotton trench vest*; **212-223-3569. DEREK LAM 10 CROSBY** *guipure lace dress*; **646-747-4647** FOR SIMILAR STYLES. **L.K.BENNETT** *silk blend skirt*; **LKBENNETT.COM.**

HAIR: TOMOYUKI TAMURA; MAKEUP: FUMIAKI NAKAGAWA USING CHANEL AT THE WALL GROUP; MANICURE: CASANDRA LAMAR USING CHANEL LE VERNIS/EOS HAND LOTION; SET DESIGN: STEVEN NASSIMOS FOR ROB STRAUSS STUDIO; MODEL: ROMANE RECALDE AT SILENT NY

PHOTOGRAPHED BY *Marcus Ziegler*



cruciani

www.cruciani.net



LAYER WITH NEUTRALS

This supple leather topper, as easy to wear as a cardigan, adds edgy cool to all kinds of neutrals (whether grays or khakis, we suspect your closet is already full of them). Let longer underlayers hang out and add a new, chunky-heeled sandal with this season's loose-leg cropped pant.

SANDRO *leather jacket*; **SANDRO-PARIS.COM. DEREK LAM 10 CROSBY** *layered jersey tank and jersey trousers*; **646-747-4647. GORJANA** *18k gold–plated connector ring*; **GORJANA.COM. ZERO + MARIA CORNEJO** *leather heels*; **212-925-3849.**



FIND YOUR SHADE

"Many women think they can't wear yellow, but they just need to try different shades, like amber, daffodil and canary," says Eiseman. Our advice? Get into natural light (and out of dressing room fluorescents) to best see what works with your skin tone. Styling note: Add a belt in barely contrasting nude patent and skip heels in favor of metallic flats (we swooned over these lace-ups).

MAX MARA STUDIO *cotton shirtdress and leather belt*; **SAKS FIFTH AVENUE. AGL** *leather oxfords*; **AGL.COM.**





THE BAG (left) is by Céline. "It will be my one and only spring bag," Kosann says. The chunky gold bracelet (below) dates from the 1930s and inspired her to create a version in silver. "My husband surprised me with it," she says.





"LEATHER jackets make me feel powerful," says Kosann, shown above in her home studio. "I layer them over everything." She considers her red patent Louboutins (right) the perfect shade of red. "I saw them, and I just had to have them," she says.

Her clothes are her canvas

MONICA RICH KOSANN

"I USED TO BE A HIPPIE!" jewelry designer Monica Rich Kosann says to me as we're standing on the threshold of her cream-walled walk-in closet at her home in Connecticut. "I wore lots of vests, patchwork skirts, floppy hats, jeans with holes. My father used to look at me and say, 'Where did I go wrong?'" Today Kosann's much more sophisticated uniform is the result of a focused shopping philosophy: She buys a few trendproof pieces each season, usually from favorite designers Dries Van Noten and The Row, and wears them for years. She's a self-proclaimed fabric master who seeks out, above all else, simplicity. "My clothes are a backdrop for my jewelry," she says. Kosann's eponymous line is known best for its charms and lockets, all of which she layers with vintage pieces she has collected over the years.

There's always a twist to her look—such as an unexpected neckline or an unusual color combination—but she never wants her style to overshadow her. "I want to look self-assured but approachable," she says. Kosann knows what to avoid, like the mismatched bargain one-offs that most of us fall for. Her closet is organized with military precision except for the back of the door, which is collaged with magazine tear-outs of inspirational street style. It looks like something you might find in a teenager's lair—or a hippie's den. I paw through a rack of silk blouses and note there is nary a patchwork piece in sight. "I grew up," she says. "*Unfortunately.*" –**SUSAN SWIMMER**

HAIR AND MAKEUP: INGEBORG AT OPUS BEAUTY; PROP STYLIST: ALEX BRANNIAN

PHOTOGRAPHED BY *Ben Hoffmann*



When there's a sunny side,

why walk any other way?

Love,

liz claiborne

Exclusively at JCPenney



The hot new wine countries

BY MELISSA BIGGS BRADLEY

FRANCE, TUSCANY, Napa and New Zealand are familiar to wine lovers, but the lesser-known destinations that are finally attracting their attention—thanks in part to lovely new boutique hotels—are Argentina, Uruguay and Chile. All have wine-growing areas with the special attributes that make grape-growing regions so appealing (great climates, striking landscapes and food that enhances their wines). Now visitors can make a circuit of chic hotels, charming local restaurants and tasting rooms. Argentina's Mendoza valley, the most established South American terroir, has 1,500 wineries in the shadow of the Andes. Its best country retreats, such as Cavas Wine Lodge and Entre Cielos, overlook vineyards and feature stellar restaurants. Even the emerging Uca Valley, an hour and a half south of Mendoza, is home to the luxury Vines Resort and Spa, a romantic spot that invites the guests staying in its 22 villas to join winemaker workshops.

In Uruguay, the Four Seasons Carmelo, on the Río de la Plata, sits in the heart of wine country, where days can be spent by the pool, on the golf course or at family-owned vineyards. But the property that has the whole wine world buzzing is in Chile. Viña Vik, two hours south of Santiago, was founded with the lofty aim of making the continent's best wine. In 2004 the owners hired a top Bordeaux vintner and geologists to find the ideal soil and climate; today they produce $100 bottles of red. They recently opened a sleek hotel in the middle of the vineyard. Activities include horseback riding, mountain biking and trekking, but guests may just savor the design, the food, the wine.



IT'S NOT every hotel that gets you up close and personal with the Andes. But at Chile's Viña Vik, the monumental mountains are everywhere you look—from the suite (above) to the hotel pool (left).

MELISSA BIGGS BRADLEY is founder of the travel site *indagare.com*.

PHOTOS: VIK RETREATS

WE HEARD
YOUR KITCHEN
CALLING
OUR NAME
FOOD52



FOOD52.COM



Vinegar drinks

BY AMANDA HESSER AND MERRILL STUBBS

IT'S LIKELY the world has been making and drinking shrubs (or something akin to them) for as long as it's been drinking wine. And nearly every place, from Iran to Southeast Asia to Italy and the United States, has its own version of this sweet yet (never too) sour infusion of vinegar, sugar and fruit. But drinking vinegar kind of sounds like a dare, and that may be why it took until now to start catching on.

Yes, there's vinegar involved, but a good drinking vinegar is always balanced with the sweetness of sugar and fruit. Think of the shrub as a tarter lemonade—or a relative of kombucha or sour beer—and you'll see why the cocktail world is playing with it as an alternative to lemons or limes, as in the ***Watermelon, Mint and Cider Vinegar Tonic***, shown at left (you will find the recipe on food52.com). We've been seeing vinegars in cocktails with just about every base alcohol, from apple brandy to tequila.

Some have taken things a step further and swapped vegetables for fruit: Witness the beet-lemon shrub at Russ & Daughters in New York City and the carrot-coriander shrub at Shed in Healdsburg, California. Pok Pok uses honey vinegar in a cocktail with tequila and citrus and makes a slew of varieties to take home. We liked its Som Apple so much, we stocked it in our Food52 Shop, in addition to a few other brands and varieties of drinking vinegars. Needless to say, we're hooked.

And though they sound vaguely scientific, drinking vinegars are simple to make at home. Once you've decided on your concoction, just leave the mixture alone in a jar to steep. We dare you.

AMANDA HESSER and **MERRILL STUBBS** are cofounders of the website dedicated to all things kitchen and home, *food52.com*.

FOOD STYLIST: BRETT KURZWEIL AT ART DEPARTMENT; PROP STYLIST: LINDEN ELSTRAN

PHOTOGRAPHED BY *James Wojcik*



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What *Shark Tank* can teach you about getting funding

REAL ESTATE MOGUL Barbara Corcoran, a founder of the multimillion-dollar company the Corcoran Group, isn't one to mince words on the reality show *Shark Tank*. One of the two female sharks (or angel investors) on set, she's quick to identify potentially successful businesses—and equally quick to cut through the BS.

Her secrets to hooking an investor

1

REMEMBER, YOUR BUSINESS ISN'T ALL THAT IMPORTANT TO ME "I'm interested 95 percent in the entrepreneur and 5 percent in the business. If the salesperson is phenomenal, I'm going to buy in. I want someone who is confident, not cocky. Tell me a personal story about overcoming adversity—such as the time you recovered from an injury."

2

JUST DON'T TELL ME HOW PASSIONATE YOU ARE "That's a red flag. The more a person professes how passionate she is, the more I think she's a woman who's hot to trot for a new date. I'm looking for someone to stay married to the business for 20 years."

3

SHOW ME YOUR WORK ETHIC, NOT YOUR MONEY "Most successful entrepreneurs were working full time and doing their business on the side when they started. Are they all of a sudden going to become lazy? Never. Picture that versus many entrepreneurs who are just out of some fancy school: 'I finished my Harvard MBA, and my family gave me $500 million.' They don't have their backs up against the wall. You can't learn street smarts in business school."

4

MAKE A GOOD FIRST IMPRESSION "We had a guy on the show who was pitching his frozen shrimp. I was out immediately. His product was probably great. But he was wearing a white apron with grease on it. How did he go on national TV with a dirty apron?"

5

WOMEN MUST LEARN HOW TO OVERCOME BIAS "This is un-PC to say, but when a beautiful woman walks on set, the male sharks sit back and smile. Being an average-looking man can't hurt you; being an average-looking woman can. However, if a woman brings on a male pitching partner, she's twice as likely to get the money." —**BEE CHANG SHAPIRO**

AGES 35 → 44

The best ages to start a business. Adults at this stage are more likely than 20-somethings to have the experience, money and contacts to help them launch, according to the Global Entrepreneurship Monitor.



HOW TO GET THE MOST OUT OF YOUR NETWORK

DO YOU HAVE A USEFUL NETWORK—OR JUST A BUNCH OF FRIENDS? Your next business opportunity is more likely to come from a loose connection than from a friend. That's because of the law of large numbers: You can have many more loose connections than you can have friends. And it's because your loose connections know different things—and see different opportunities—than you and those close to you do.

ARE YOU EASY TO FIND? OK, maybe everyone remembered to update your email address when you changed jobs. Maybe. But make sure you're easy to find for your less-organized contacts. If you don't? Well, there's a financial adviser out there who missed my referring a $10 million account to her because she wasn't on LinkedIn and I hit my time limit (about 30 seconds) for searching for her contact information. It was easier to move on to the next adviser.

ARE YOU KEEPING IN TOUCH? You last spoke to Josie Blow four years ago. How quickly do you suppose she'll think of you for that amazing board seat she heard about?

ARE YOU ACTIVATING YOUR NETWORK? If you want something from your network, ask! But first do nice things for your connections: Share a job opportunity, a research report, an open board seat. —**SALLIE KRAWCHECK**

SALLIE KRAWCHECK is the owner of the women's networking community Ellevate and former president of the global wealth and investment management division at Bank of America. ***@salliekrawcheck***

PHOTO REFERENCE: ARI MICHELSON

ILLUSTRATED BY *Cath Riley*

15 habits of rich people

BEHAVING LIKE THE überwealthy won't make you a multimillionaire. But mimicking their habits could start you toward big sums. What will you do with all that money? (Dream big . . .)



MORNING

LISTEN TO AUDIOBOOKS DURING YOUR COMMUTE

Sixty-three percent of millionaires do it.

AFTERNOON

STEER CLEAR OF THE VENDING MACHINE

Most wealthy people eat fewer than 300 empty calories a day.

EVENING

MAKE A LIST BEFORE YOU LEAVE THE OFFICE

Eighty-one percent of people with more than $3.2 million in liquid assets keep a to-do log.

Source for 1, 2, 3, 14, 15: Tom Corley, president of the financial firm Cerefice and Co. and author of *Rich Habits*



4

DON'T RETIRE—EVER

Not because you can't; because you don't want to. The highest earners—those who pull in more than $750,000 a year—don't plan to retire until they're at least 70, more than five years after their not-so-wealthy counterparts, according to a study from the research firm Spectrem Group.



5

WAKE UP WHILE IT'S STILL DARK

Early risers are more proactive and optimistic, says German biologist Christoph Randler. One study found that 44 percent of multimillionaires wake up at least three hours before work.

6

FOCUS ON THE FUTURE

Make financial choices—about your career, home, etc.—based on what will pay off in 20 years, says Keith Cameron Smith, author of *The Top 10 Distinctions Between Millionaires and the Middle Class*. The wealthiest people have the longest-term thinking.



7

MAKE A LATERAL MOVE OR TAKE A STEP DOWN

Do it if the result may create an opportunity to earn more or propel your career forward, says Amanda Augustine, a career-management expert at the subscription-based job-search site TheLadders.

8

BECOME YOUR OWN BOSS

More than two thirds of those on the 2014 *Forbes* 400 were self-made.

9

PICK UP AN AMAZON MEMBERSHIP

A surprising 62 percent of millionaires shop at the site, according to the Shullman Research Center.

10

JUICE YOUR SAVINGS

People who have at least $1 million in their 401(k) save an average of 19 percent of their income (14 percent comes out of their pay, and about 5 percent gets matched by their company), according to Fidelity.



11 – 12

GIVE TO CHARITY

Nearly all millionaires do.

TAKE ON AN ADVISER

Seventy-seven percent of millionaires hire someone to manage their wealth.

Source for 11–12: PNC Wealth and Values survey

13

DITCH THE BUSINESS DEAL THAT DOESN'T SEEM RIGHT

Wealthy people look at the numbers and use gut feelings to determine when something isn't working. No matter how much money they invest in a project, they'll walk away if they sense it won't succeed, says Robert Prosen, CEO of the Prosen Center for Business Advancement.



14

NETWORK FOR FIVE HOURS OR MORE A MONTH

Seventy-nine percent of millionaires do.

15

CLEAN OUT YOUR VOICE MAIL

Eighty-six percent of people with more than $3 million return phone calls immediately—regardless of who rang. —**ALICE OGLETHORPE**

ILLUSTRATED BY *La Tigre*


" Work with someone who isn't a CFP® pro?
What do I look like, a lunatic? "
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1

Leave your keys at home

1 OPEN FOR A FRIEND Like other smart locks, August allows you to unlock your door using just your smartphone. Another cool feature: You can send virtual keys to anyone, and you control when the keys are active—meaning the dog walker can enter at noon but not at midnight. August replaces the back of your existing dead bolt, so you do need tools, but installation is relatively easy. ***$250; august.com***

2 UNLOCK WITH A TOUCH Tap Kwikset's Kevo with your finger, and if it senses your smartphone nearby, it will unlock your door. A digital key fob is included; the lock will still open to your touch if the fob (but not your smartphone) is near. Installation takes know-how, since Kevo replaces your entire locking system. ***$220; kwikset.com***

3 LOCK FROM ANYWHERE Danalock does everything the other smart locks do. Plus, with the Z-Wave-equipped model, you can use your phone from anywhere in the world to check that your door at home is locked. Installation is easy; like the August lock, it replaces the back of your existing dead bolt. ***$159 and up; danalock.com***

4 OPEN WITH A CODE With the Schlage Touch, it's not just your keys you can leave behind—feel free to forget the smartphone, too. The lock opens with a four-digit access code, and it stores 19 unique codes that you can change or delete at any time. Installation is challenging: Like Kwikset's Kevo, Schlage Touch replaces your entire locking system. ***$240; schlage.com*** —**EMILY PRICE *@Emily***

GET A GRIP ON YOUR INBOX

SORTING THROUGH a clogged inbox is no small task, especially when you consider that of the nearly 183 billion emails sent per day in 2013, almost 70 percent were spam. Here, services that help you sift through the clutter.

IF YOU HAVE A GMAIL ACCOUNT Inbox is an app (or you can use it as a plug-in) that bundles your Gmail messages into categories such as shopping and travel, making it a cinch to delete—or read—a given batch. If an important message comes in when you don't have time for it, you can pin it to the top of your inbox to revisit later. Downside: It isn't compatible with Outlook or other non-Gmail accounts. ***Free; google.com/inbox***

IF YOU WANT INSTANT MANAGEABILITY SaneBox—which works with all your email accounts—divides messages into three locations: SaneArchive, for the oldest stored messages; SaneLater, for newer messages it deems unimportant; and your inbox, for anything that deserves immediate attention. SaneBox can also set up folders like SaneBlackHole: Send spammers there and you'll never hear from them again. ***$7 per month and up; sanebox.com***

IF YOUR GOAL IS INBOX ZERO Mailstrom (which works with all accounts) arranges your messages into separate tabs on its site. The tabs, which are organized by subject line, sender or category (such as shopping), allow you to delete thousands of emails in seconds. The "expire" option archives messages from specific senders after a certain amount of time; "chill" snoozes messages until you're ready for them. Mailstrom sends daily updates that show your deletion progress. While that adds yet another email to the mix, it also provides a sense of accomplishment. ***$5 per month and up; mailstrom.co*** —**ELISE CRAIG *@e_craig***

PHOTOGRAPHED BY *James Day*

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The Age-Defying Laser is indicated for the treatment of periorbital wrinkles ("crow's feet"), which may result in smoother appearing skin in the treated area.



BETTE MIDLER

ARTIST, MUSICIAN, ONCE AND FUTURE DIVA / INTERVIEW BY SHARON COTLIAR

EXERCISE TO STAY SANE

"If I don't have a treadmill, I can't sing. I can't dance. On the treadmill, I'm wearing rags and I'm huffing and puffing and I'm probably reading a murder mystery on my Kindle."

IT'S OK TO FIGHT—IF YOU LEARN FROM IT

"Last week my husband and I probably had the biggest argument of our entire married life. Over food. It was so crazy. We both went from zero to 60 in 30 seconds over this meal that we were supposed to cook, a boiled dinner. After a long time, we started to laugh about it because we were so insane."

KEEP YOUR FIGURE

"Because I'm in show business, my obligation is to be the best Bette Midler, the best Divine I can. I'm not crazy, but I do what I have to do. I try not to drink too much. I color my hair. I do Botox occasionally. I wear a push-up bra and hope for the best. The one thing I don't want my audience to think is, Oh my God, she got so old. Oh my God, I thought she was dead."

SHOCK VALUE IS OVERRATED

"My new music is wholesome. It's not crazy sexual; it's not filthy or violent. I wanted to put something happy in front of my audience."

IGNORE THE CRITICS

"In the early '70s I used to read all the reviews, and at one point I was so devastated by something that someone had written about me that I couldn't sing. Literally, my throat closed up, and it took me a long time to get my voice back. I decided that I would make my own mistakes and I didn't need an outside person to explain to me what it was I was doing wrong."

GET ALONG WITH YOUR DAUGHTER

"If she doesn't ask you, keep your mouth shut. If she says, 'What shall I do?' then you say, 'I think you should . . .'"

EMBRACE YOUR FUTURE

"If you still get joy from what you do, great. If you find yourself more interested in other things than in what you have done for the last 40 years, I don't think there's anything wrong with saying, 'You know, I'm moving on.' If you have the opportunity and you can afford it, why shouldn't you live the life you want to live?"

BETTE MIDLER IS AN ACADEMY AWARD–NOMINATED ACTRESS AND A GRAMMY-WINNING SINGER WHO HAS SOLD MORE THAN 30 MILLION ALBUMS WORLDWIDE. SHE RELEASED HER 25TH ALBUM, *IT'S THE GIRLS*, IN NOVEMBER AND WILL LAUNCH A NEW TOUR ON MAY 8. SHE LIVES IN NEW YORK WITH HER HUSBAND. ***@BetteMidler***

This interview has been edited and condensed.

PHOTO REFERENCE BY JONATHAN PUSHNIK

ILLUSTRATED BY *Cath Riley*



Ending child sex slavery in the U.S.

We're often shocked by stories of child sex trafficking in faraway countries. Yet according to **Malika Saada Saar**, the plight of sex slaves is just as bad right here **BY SHARON COTLIAR**

Human rights attorney Malika Saada Saar, 44, has spent much of her life working to make the world safer for women and girls. But it wasn't until she became a mother that her passion for protecting others turned profoundly personal. "It became a visceral drive," says the mother of three, who has a daughter, 10, and two sons, eight and five. "I had to do what I could to give a world to my kids where there would be no such thing as violence against women and girls." For Saada Saar, a Washington, D.C., power player with degrees from Brown, Stanford and Georgetown Law, that has meant waging a wide array of battles and winning many of them. She has secured millions in federal funding for at-risk families and persuaded federal prisons to stop shackling pregnant inmates during childbirth. She also led the effort to shut down the "adult services" section of Craigslist in 2010 by exposing how underage girls were being sold for sex on the site. "It was a temporary victory," she says, noting that these ads have since migrated to other sites.

Now, through Rights4Girls, the human rights organization that Saada Saar cofounded in 2011, she is raising awareness of child sex trafficking in the U.S. and calling on media, policy makers and law enforcement to eradicate the term *child prostitution*. Each year an estimated 100,000 children are bought and sold for sex in the U.S. "The majority of these kids are girls ages 12 to 14," she says. "One in four American girls will experience sexual violence by the age of 18. These rates of violence are comparable to those in

STYLIST: ALISON LUKES; MAKEUP: CARRIE LAMARCA AT ARTISTS BY TIMOTHY PRIANO

PHOTOGRAPHED BY *Stephen Voss*

Africa, Latin America and Asia, where violence against women and girls is a human rights issue. It's time for a similar human rights approach to highlight the conditions of sexual violence in the U.S." We talked with Saada Saar about her meaningful mission—and what other women can do to help.

Rights4Girls recently partnered with Google and the McCain Institute to launch a public-awareness campaign called No Such Thing. What does the slogan mean?

Children get arrested on prostitution charges throughout the U.S. We're saying there is "no such thing" as a child prostitute. These girls are victims and survivors of child rape. That's how we understand it internationally, and that's how it ought to be framed here. This has nothing to do with vice or prostitution. This is about child abuse and sexual violence.

Many people don't realize that children are being bought and sold for sex in the U.S. How are these kids recruited?

Sex traffickers go to foster-care group homes and homeless shelters looking for children. They troll bus stops for homeless teens. They also know how to use social media to find girls who are vulnerable and feel there's no one in the world who's there for them. These traffickers present themselves as Prince Charming/boyfriend/father—all of which have been denied to these girls. I once heard a trafficker say, "If you promise a girl heaven, you can take her to hell."

What do you know about the customers?

They tend to be educated, middle-class, married white men. Typically, the buyers [are] so politely termed johns—they're not named as criminals, they're not seen as culpable, and yet they're committing horrible acts against these girls.

In the United States, it's often the girls who go to jail for these crimes, not the traffickers or buyers. Why is that?

I think part of it is that we as a society have oversexualized our very young girls. When my daughter was seven, I remember working really hard to find an outfit for her that was cute and not sexy. It's the Lolita effect: We oversexualize girls and then blame them for being sexual at a young age. But calling these crimes child prostitution suggests these girls have consented. If we rename it child rape, then it's clear that it's the traffickers and the buyers who have committed the crimes and that they have to be held accountable.

> "**It's the Lolita effect:** We oversexualize girls and then blame them for being sexual at a young age. But calling these crimes child prostitution **suggests these girls have consented.**"

What kind of impact do these crimes have on the girls?

I remember meeting a group of girls from California who had been arrested for prostitution. None of them was older than 15, so none was of the legal age to consent. One of the girls, Aviva, looked like an older version of my daughter. Her trafficker had kidnapped her. She says he forced her to sleep with many men, endlessly tortured her, denied her food and that she forgot she was still human. She described herself as a dog. Months after meeting this strong, brilliant girl, I found out she disappeared. I think about Aviva all the time. I think about the girl I recently saw in a courtroom with the name of her trafficker tattooed on her face. Or the child who said she told every man who purchased her that she was just a kid and to please take her to the police—and how none of them did.

You have two sons. What do you think we should be teaching our boys about women and respect?

I'm blessed to have a husband who is an equal partner in caretaking and nurturing. For my sons, he's a good role model for the kind of men they can become. I also think we need to be critical consumers of our culture. Kids may like the way a song sounds, but we should talk to them about the lyrics—what do they hear, what do they think about that? Conversations like that allow them to become critical thinkers.

What inspired you to dedicate your life to helping others?

My mother went to college when I was 10. Part of my growing up in Philadelphia involved going to school and then going to classes with my mom and watching her gain confidence and become a better advocate for me. She and my grandmother and my father taught me that to whom much is given, much is required. Although it felt like we never had much, they sacrificed to give me an education, and it was always understood that I would use that education in service of others.

Who are your heroes?

When I was little, I was convinced Bobby Kennedy was my spiritual father. You couldn't tell me otherwise. I used to make my grandmother take me to Washington, D.C., every year on the anniversary of his assassination. I would say a prayer at his grave. I now have the honor of being on the board of the RFK Center.

What do you want the world to look like for women and girls?

I want a world where girls are safer, more cherished, more claimed and more loved. We often don't bear witness to certain parts of each other's lives. In a way, we often do live in isolation and segregation from one another. But we recently did an event on Capitol Hill where congressmen came together to talk about child sex trafficking not as powerful lawmakers but as fathers. To have them see these girls as their responsibility—that was transformational. When we can connect, intersect and bear witness to each other's lives, that is how we can change things.

SHARON COTLIAR interviewed Susan Lyne in the March issue of *More*. ***@SharonCotliar***



A fighter pilot takes the fight to D.C.

While in the military, **Martha McSally** was as brave on land as she was in the air, standing up to sexism. Now she's boots on the ground in a whole new boys' club **BY AMANDA ROBB**

MARTHA McSALLY

FROM: Air Force colonel

↓

TO: U.S. congresswoman

With her bobbed hair and tailored dress, Martha McSally, 49, looks every inch an elected official. Until you see her biker boots. "I thought combat boots would be a bit much," she says, tromping through the tunnel that connects the House of Representatives offices to the Capitol. It is one of her first days on the job, and McSally nearly walks into a boiler room. She banks right and never breaks stride.

As a teen, McSally applied to the Air Force Academy with the goal of earning an MD. But once a cadet, she decided to become a fighter pilot. The reason: "It pissed me off that women weren't allowed to fly in combat."

U.S. law wasn't the only problem. According to Air Force regulations, the five-foot-three McSally was too short to be a pilot. "That was messed up," she says, "because to fly a plane you just need to be able to see out of the cockpit and reach the rudder pedals with your feet." McSally got a flight instructor and a flight surgeon to attest that she could do both and sent "exception to policy" requests up her chain of command. There was also the matter of the federal statute forbidding women to take part in combat, but she assumed that was too retro to survive.

The statute, however, was still in place when she graduated in 1988, and instead of giving her a fighter plane, the Air Force sent McSally to study public policy at Harvard. Three years later, Congress changed the women-in-combat law, so McSally finished her MA and went to pilot training—though

HAIR AND MAKEUP: CARRIE LAMARCA USING MAKEUP FOR EVER FOR ABTP. STYLIST: ALISON LUKES

PHOTOGRAPHED BY *Stephen Voss*

she still couldn't fly in combat. The reason? Although the feds had changed their combat policy, the Air Force had yet to do so.

That finally happened in 1993; two years later, McSally was deployed to Kuwait and became the first U.S. woman to fly in combat (enforcing the United Nations' no-fly zone over Iraq). Many of her fellow pilots were supportive, she says, and some were not, so "the last thing I wanted to do was raise some 'chick' issue." But she did, once she discovered that whenever she was in nearby Saudi Arabia and left the Air Force base, she, like all American servicewomen, was required to put on an abaya, the full-body garment that Sharia law requires Muslim women to wear.

"That was *completely* messed up," McSally says. "If we were in South Africa during apartheid, would we have put our African-American soldiers in separate quarters?"

Once again, McSally fired inquiries to her superiors. Silence. In 1999 she was chosen to be an Air Force legislative fellow in the Washington, D.C., office of Senator Jon Kyl, Republican of Arizona. In that job, she delved into the abaya rule herself—and discovered that rather than being Air Force policy, it had been established by a two-star general in Saudi Arabia. McSally officially registered her objections to the rule.

She was suddenly deployed—nonvoluntarily and she doubts coincidentally—to Saudi Arabia. Once there, she told her bosses, "As a fighter pilot, an officer and a Christian, I am not putting on an abaya!"

The response: Put it on or find yourself court-martialed. McSally wore the garb—but only once. She then began lobbying Congress to end the policy (along the way she also filed a lawsuit against Secretary of Defense Donald Rumsfeld).

Her campaign succeeded; Congress changed the policy. McSally became a squadron commander and a colonel. "But I had pissed off a lot of people, and it *is* a good-ol'-boys network," she says. In 2010, McSally about-faced into civilian life.

She got a job in the German Alps, teaching national-security studies at a military college; at lunchtime she'd go paragliding while pondering her next move. Leadership was her passion, training and talent; where could she use it to best effect? One obvious answer was elective office—and when she heard about the resignation of Gabby Giffords, the Tucson, Arizona, congresswoman who was horribly wounded in a 2011 assassination attempt, the path began to appear—Giffords's district is McSally's, too. She knew she'd run as a Republican ("I grew up Republican and believe in the philosophy of the party"), but beyond that she needed advice, so she called Senator Kyl. He said she should go back to Arizona and build relationships with the local party. But she had no time for that—the special election was only 68 days away.

There were so many reasons for her not to run. No experience as a candidate. No positions on legislation. No money (besides her Air Force retirement, which she needed to live on). And Giffords, a Democrat, was backing a former staff member who had also been wounded in the attack.

McSally decided that to run, she needed "three green lights: Is it technically feasible? Am I electable? Do I feel called to duty?" Yes, yes, yes were her answers. Eight weeks later, she lost. But the regular election was coming up in a few months, so she had another chance.

Just as McSally didn't discover she wanted to be a pilot until she enrolled in the Air Force Academy, she didn't know how much she wanted to be elected until she started working rope lines. "I think I'm really good at solving tough problems—working with the opposition when you can, fighting them when you can't. It's also what I love to do."

On the other hand, McSally was going through "a complete grief cycle" about one of a candidate's most important jobs: raising money. Once she came to terms with it, though, she quickly developed into one of the Republicans' top fund raisers. Election-night returns in 2012 showed that McSally was leading by 1,300 votes. But the final tally revealed she had actually lost by about 2,500.

Running again in 2014 seemed as quixotic as deciding to be a fighter pilot even though she was too short. But once again, McSally felt she had "something to offer. And I am right." This time she won—by 167 votes.

McSally emerges from the tunnel. Now she's in the Capitol, but, oops, she's standing where the Democrats caucus. Halls twist away in every direction, and there'll be a vote on the House floor in five minutes. "Thankfully, all roads lead somewhere," McSally says. "As long as you keep marching."

AMANDA ROBB contributes frequently to *More*.

THE POWER OF PLAYING IT STRAIGHT

IF SOMETHING SEEMS "MESSED UP"...

"Look. Ask. Find out. Where is it written down? Is it policy? Is it folklore? There's a lot of folklore in bureaucracies. If it is policy, what is the reason behind it? Don't just rail. Do your homework."

BEST FUND-RAISING TIP

"I tell potential donors, 'This is a team sport. I'll do the handshake lines and let people say all sorts of terrible things about me. But you have to do your part and write a check.' "

WHAT HER OLD JOB TAUGHT HER

"Running for office is like running a military operation. You need planning, strategy, communications, manpower, intelligence and psych operations. You need to get the message out. You need to lead in chaos. You need to stay focused on the mission."

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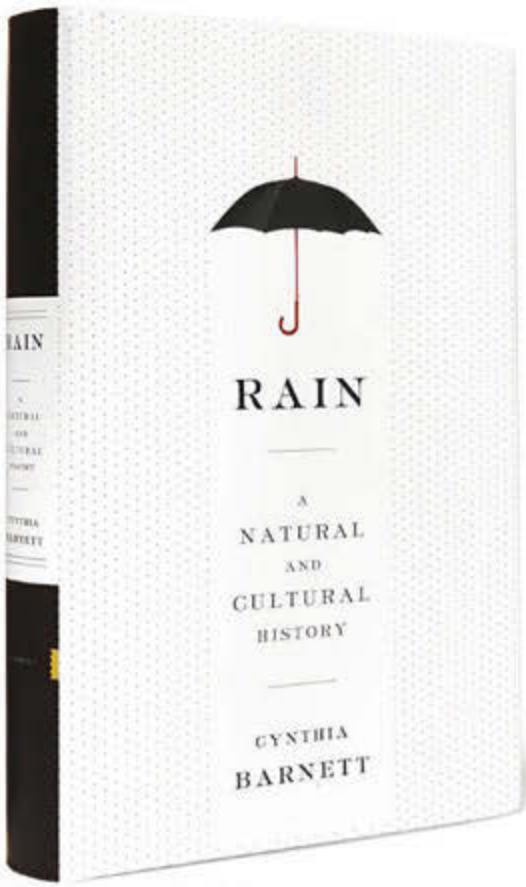


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Rain: A Natural and Cultural History
BY CYNTHIA BARNETT
Crown

A LITTLE BIT OF HEAVEN

Have you ever wondered why your fingers and toes wrinkle after a long bath? A possible answer—that these "rain treads" are "an ancient adaptation for gripping in the rainy forests where human ancestors lived some 10 million years ago"—can be found in this mesmerizing and powerful history. Barnett is a passionate, intrepid journalist whose research has taken her everywhere from a Mackintosh factory in Glasgow to a rickety suspension bridge, made of steel-wire rope, 30 feet above India's Simtung River during monsoon season. Her cultural references are equally far-reaching. Rain, she tells us, has been a source of inspiration for artists as disparate as Emily Dickinson and Kurt Cobain. Daniel Defoe's *Robinson Crusoe* helped "popularize and defeminize" the umbrella. Chopin's "Raindrop Prelude" was written in a Majorca monastery during a catastrophic storm.

Such abundant details, spiced with irreverence and humor, are what make this book so delicious. What elevates it and makes it important is Barnett's exploration of humanity's attempts throughout history to prevail over the elements. Our efforts, in the modern era alone, include a 19th-century meteorologist's prescription for decimating huge tracts of forest to create storms; a congressionally sanctioned attempt, a few decades later, to "bomb the hell out of the skies over west Texas" in order to produce rain; the scheming of assorted hucksters and rainmakers to persuade farmers to "buy a rainy day"; and, most chillingly, the U.S. military's secret decision in the late 1960s to "unleash rain as a weapon" by seeding clouds over Vietnam, Laos and Cambodia. Reading this book, we are witness to the profoundly flawed, hubristic core of human nature itself. It becomes impossible not to ask, What will become of us? —**DANI SHAPIRO**

IT'S ABOUT TIME

* * *

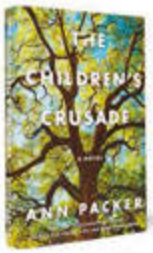


The Folded Clock: A Diary
BY HEIDI JULAVITS
Doubleday

"SINCE I am suddenly 10 years older than I was, it seems, one year ago, I decided to keep a diary." In her midforties, watching time rush by, Julavits feels the urgent need to pin herself down on paper—to see whether the freewheeling, extroverted self she presents to the world can be reconciled with the fearful, manipulative woman she also knows herself to be. Playful, gossipy entries—about going to yard sales or watching *The Bachelorette* with her husband—deepen into meditations on love, betrayal and the hugeness of one's own shortcomings, past and present. A valiant, brilliant book. —**MARCIA MENTER**

GROWING PAINS

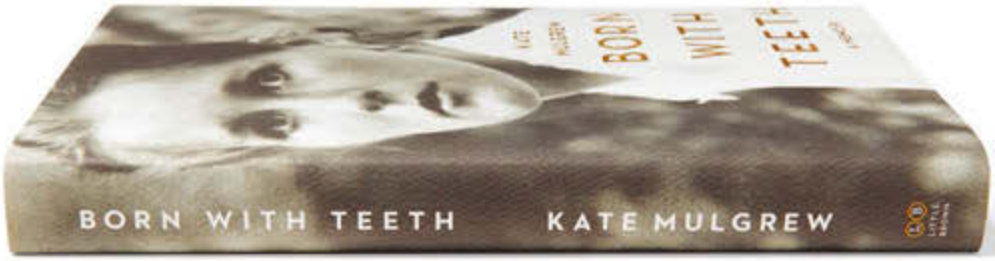
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The Children's Crusade
BY ANN PACKER
Scribner

IN THIS tender, absorbing novel, four children grow up on a cherished piece of Northern California property with a pediatrician father whose attentiveness (his motto is "Children deserve care") irritates their aloof and beleaguered mother. Packer has great compassion for her characters, with their ancient injuries, their blundering desires. The way she tangles their perspectives perfectly, painfully captures the tumult of selves within a family. "We never get over it . . . having started out as children," a character says, and of the book's many truths, this one may be the most acutely rendered. —**CATHERINE NEWMAN**

PHOTOS: PETER ARDITO



WHAT I DID FOR LOVE

↓

Kate Mulgrew had everything a strong, successful woman could want—except the child she'd given away

When little Katie was in fifth grade, her Irish-American mother put a copy of *The Complete Works of William Shakespeare* under her pillow, with a note that read, "Find what you love and the rest will follow." Kate did, and what followed were star turns on stage and screen (Captain Janeway in *Star Trek: Voyager*, "Red" in *Orange Is the New Black*). Now, in her riveting memoir, *Born with Teeth* (Little, Brown), Mulgrew tells of her journey from small-town Iowa to Hollywood, where the roles and romances came and went but one shadow intensified: her need to reunite with the daughter she gave up for adoption decades ago.

Q: AFTER 20 YEARS OF SEARCHING, YOU FINALLY FOUND YOUR DAUGHTER, DANIELLE. DID THAT PROMPT YOU TO WRITE THIS BOOK?

KM: It was time. I was ready. I don't like the word *catharsis*—it's so tired—but it was a gift in the end to get the story down. It was scarred on my heart, and I had been pulled into sadness about the loss [of my child] many times. But also, this April I'll be 60. After 40 years of being an actress, I wanted to be known. It was the moment to reveal me.

Q: HOW IS YOUR RELATIONSHIP WITH YOUR DAUGHTER?

KM: I was lucky in that she approached me with strength and clear eyes. We go deep, and we do it often—but [her adoptive parents] are Mom and Dad, and I'll always be Kate to her, because I gave her up. Right from the moment I found out that I was pregnant, I knew that the pain I felt was part of the deal. I didn't know the ways it would grab and surprise me, but I did know it was what I was in for.

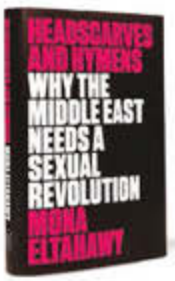
Q: IN THE BOOK, YOU REVEAL A LOT ABOUT YOUR ROMANTIC RELATIONSHIPS, INCLUDING YOUR SHARE OF HEARTBREAK. DID YOU FIND YOURSELF GETTING BITTER?

KM: The idea of happiness is absurd and overused. We know when we're happy, but it's fleeting and it stings. In a long marriage, it's impossible. I was raised with old-fashioned values, but I was not about to let that eclipse who I was as an artist. Success is very threatening for a man, especially if that success is in his field. It's a struggle not to be suppressed, not to suppress ourselves, not to feel great conflict and guilt. Balance without guilt was always a struggle for me.

Q: YOU WRITE, "A WOMAN CAN COUNT ON ONE HAND THE NUMBER OF TIMES IN HER LIFE WHEN SHE ACTUALLY FEELS BEAUTIFUL." EVEN YOU?

KM: I never had any insecurity about my looks, in part because my parents never admired me for them. "Your looks are boring," my mother would say. "Are you seriously going to spend your time looking into that mirror when you could be reading a book?" That said, the ego is slow to die. I'm wrestling with that a little now. Aging, as they say, is not for sissies. —ELAINA RICHARDSON

WOMEN, UNWRAPPED



Headscarves and Hymens: Why the Middle East Needs a Sexual Revolution

BY MONA ELTAHAWY
Faber and Faber Inc.

WHATEVER an outsider may think about the status of women in the Arab world, writes this Egyptian-American journalist, the reality is "much, much worse." Her 2012 essay about Middle Eastern gender relations asked, "Why Do They Hate Us?" and this book replaces that why with how, revealing the many ways in which a "toxic mix of culture and religion" imprisons women physically, psychologically and emotionally. Eltahawy's furious insistence that the struggle for regional democracy must include equality for women is aimed not only at conservative patriarchs but also at modern revolutionaries who put off addressing so-called women's issues. She makes it clear that Arab feminists aren't looking to be saved by their Western sisters; she writes not in hope of rescue but so that we can all link arms. Words are weapons to "fight silence, alienation, and violence . . . I am the daughter of the taboos and silences from which I fought to free myself." In the women of the Middle East, there is "a rage and determination that cannot be contained." —CAROL MITHERS



Parachuting back into life

When her beloved died, she felt her own life freeze—until her closest friends put her on a plane and jump-started her joy **BY SHERI HUNTER**

My husband, Mannard—my great love—was gone, suddenly dead from a heart attack at age 50. And here I was, two years later, plunging to earth at warp speed with a 220-pound man tethered to my back. Tandem skydiving as a 47-year-old widow can be surprisingly therapeutic. Especially when it ends with a nice, clean land after you've signed a lengthy legal document certifying that if you go splat, it was your own damn fault. There are several ways to grieve, and I'd tried a few—journaling, meeting with fellow widows, working with a therapist. But in the end it turned out to be adrenaline, that rush to my heart and to my head, that would soothe my soul. "Black girls just don't do that," my mom said when I told her I was doing the skydive. "We have too much sense to risk our lives doing such crazy nonsense." But this happens to be one African-American woman who takes pride in doing the outlandish.

I still feel guilty, though, for having the audacity to sometimes laugh until I'm gasping for air, for being joyful when my husband is locked away in a mausoleum. There are times I catch myself and reel it in, tone it down. Because I just can't fathom that someone so agile, intelligent and beautiful is no longer. We were married for 21 years and together for 26. I'd known him since I was 10 years old and he was 16, when our mothers were coworkers at Henry Ford Hospital in Detroit. I keep coming back to wondering why I should be happy and starting off on this amazing rest-of-my-life when he is not.



EXTREME HEALING (clockwise from top left): The author (at left) and her Dare Divas friends Mia, Brenda and Angenette taking selfies in Paris, zip lining in West Virginia, skiing in Michigan and white-water rafting in West Virginia. Opposite: Skydiving in Michigan.

It helps to have great friends to put it all in perspective. When I took that 12,000-foot plunge to earth, I wasn't alone. I was with three other African-American women I met at our church almost 10 years ago.

We call ourselves the Dare Divas of Detroit: Angenette, Brenda, Mia and me. We served in ministry together, organizing outreach events and working with new members and people coming to be baptized. We prayed for parishioners who suffered all sorts of traumatic life events: marital problems, death of loved ones, stints in jail, substance abuse, belligerent children, health scares, thoughts of suicide, loss of jobs, loss of homes.

Once there was a young man who came in to be baptized, but when we saw he was wearing an ankle monitor, we hesitated; submerging him in water might cause the alarm to go off. We wanted to help the fella—his faith was in peril, after all—and from what he explained about his past, he needed an intercession. So we called the authorities and alerted them to what might happen. Then my husband searched the church for duct tape, which he wound around the ankle monitor to seal it off. Meanwhile, the Dare Divas and I ran around the church as if we had the Holy Ghost, telling ministers and staff what they should say in case the cops came a callin' despite our warnings. It worked. (Mind you, we nearly split that guy's gut, hoisting his ankle to the heavens to keep it from getting wet.)

Seeing folks like this young man try for solid footing in their lives made my friends and me want to attempt things we'd never considered before.

Mia was the catalyst. In 2008 she came to a church meeting with pamphlets about white-water rafting on falls graded from three to five in terms of difficulty (Niagara is a six). I'd never dreamed about white-water rafting, never even *wanted* to white-water raft, but you know how a crowd (or in my case, three fierce females) can get you going. "Ah, let's do it." "Come on, you don't want to miss out." "Eh, we may drown, but what a great way to go, right?" During the trips that have followed, I've barfed water, and once our guide fell overboard; we were terrified for her and for us (since none of us can swim). But once she was safely back on the raft, we laughed so hard, we nearly fell over the side.

Our loved ones, including Mannard, thought we were nuts. But with each success (meaning no one dead or injured), we became more determined to be daring. We rented Kawasaki motorcycles to earn our cycling licenses. And let me tell you, *that* was love. Black girls don't smush their hair into heat-inducing helmets that turn curls into knots for nothing. Next we powered down the mountains of Aspen, strapping on skis for the very first time when we were well into our forties. So when my mother asked whether I would jump off a cliff if my girlfriends did? My answer was yes—off a 30-foot cliff into the Gauley River in West Virginia. And when my husband suddenly died and my world fell apart, I found, to my mother's distress, that it helped to spend time with positive people who lived life a bit dangerously.

Though we didn't meet until we were adults, all of us divas sprang from humble beginnings, four little chocolate inner-city Detroit girls who along the way became an attorney (Angenette), a public administrator (Brenda), an auditor (Mia) and a journalist–marketing strategist (me). Taking on the spirit of the late African-American financier Reginald Lewis, we asked, "Why should white girls have all the fun?"

In our circle, there were no role models. Of course, there are other African-American women out there who like thrilling escapades. I just don't know them, nor did I see them written about. The Olympics have had some golden exceptions: Vonda Flowers powering her team on the bobsled, Jackie Joyner-Kersee blowing everyone away with her long-jump maneuvers, Gabby Douglas dazzling crowds with her gymnastics moves. But these women appeared to be superhuman. And they were not 40, and certainly not pushing 50, like us.

To be sure, each of us has had her moment of sheer dread, when camaraderie

PHOTOS, THIS PAGE: COURTESY OF SHERI HUNTER. OPPOSITE: DOUG EGGLESTON/SKYDIVE TECUMSEH

almost failed to trump anxiety. Angenette: "Oh, no. I am *not* jumping from a cliff into rushing water when I don't know how to swim. *Even with a life jacket!*" Mia: "Motorcycles? You do know my sister-in-law broke her collarbone and got a 14-inch gash on her thigh when she lost control of her motorcycle. *Pleassse*." Brenda: "Ski . . . that mountain? That big ole mountain? Who's been drinking the crazy juice?" Me: "Skydive? You do know that I'm not just a single parent, I'm an *only* parent, and there's no life insurance for jumping out of perfectly functioning airplanes." There are still times when I pinch myself. I actually jumped? *Ouch*. Yeah, I'm still here.

Maybe I'd never have leaped from that plane if Mannard had not died right next to me in our bed. I was awakened deep in splendid slumber on a Sunday at 4 AM by what sounded like a broken water pump in the basement. It was an odd noise, like water rushing through pipes. I reached drowsily over to my husband; investigating strange bumps and thuds in the night had always been his job. When he didn't respond, I realized the sound was coming from him.

Mannard's hands were balled into fists; his eyes bulged; his beautiful cocoa-brown face was ashen; his body, in a white cotton T-shirt, arched eerily heavenward, struggling for air, leaving him unable to speak. I scrambled to call 911, then tried to pump air into his chest, crying and panicking because I'd never had to try CPR before and wasn't sure I was even doing it right.

If my husband had died anywhere else—at the office, in a car crash, in a freak accident on the eighth hole of the golf course—I could have rationalized that bad things can happen when you leave the haven of your home. But Mannard was home, with me, in our bed, and that didn't stop the unthinkable from happening there.

The Dare Divas were the first to the hospital, and they visited my house for days afterward. I was adrift, just like many of my fellow parishioners who'd so needed prayer. I had never lived alone, and I'd relied on my husband too much.

First, I feared that I would be next, orphaning my son, 18, and daughter, 16. Then I was afraid that I wouldn't measure up as the head of the household, that I'd cause some terrible financial snafu that would leave us destitute. And before long, my youngest would be off to college. When Mannard and I got married, facing an empty nest alone wasn't part of the plan.

I decided I needed to leave Detroit for a while. Once my kids were both away at school, I planned my escape. Mannard and I had dreamed of taking an outrageous six-month, around-the-world cruise when we retired. That was a good 15 or 20 years away,



ADVENTURE TRAVEL with her friends helped Hunter cope after her husband, Mannard, died.

but we'd already begun collecting brochures from luxury liners. There was no way financially we could do this trip sooner, but that was fine. There would be other, more affordable trips in the meantime—including a 15-day Holy Land cruise booked as a belated 20th-anniversary gift to ourselves. Mannard died just weeks before we were due to sail.

My escape from Detroit would be a 65-day solo cruise around Africa and Asia. It wasn't the cruise Mannard and I had planned, but I decided I needed longer than 15 days to figure things out. I needed months and prayed it would not take me the rest of my life.

I started the journey in France, the Dare Divas tagging along for a four-day bon voyage, after which they would head for a vacation in Spain while I flew to the cruise's embarkation point in South Africa.

In Paris we drank Champagne, visited the *Mona Lisa*, posed at the Eiffel Tower and kicked up our heels at a vaudeville revue. Later, the girls surprised me with their own farewell extravaganza on the sidewalk outside our hotel. Arms laced, they sang and danced their own version of the cancan while folks asked one another, Who are those crazy black women? I watched from the back of my departing taxi, laughter mixing with tears as they serenaded me on my way.

Aboard the ship alone, the first time I had ever cruised without Mannard, I had moments when I holed up in my well-appointed cabin and cried. I was jealous of all the couples on the ship who were in love, making memories together. But at the same time I felt joy meeting new people from around the world and experiencing sights, such as the Great Wall of China, that I had previously only imagined.

I felt guilty about going without Mannard; he should have been there. And it felt odd when men—men who were not my husband—eyeballed me with interest.

In 65 days, I saw Mozambique, Madagascar, Tanzania, Kenya, the Seychelles, the Maldives, Sri Lanka, Thailand, Singapore, Cambodia, Vietnam, Hong Kong and Japan, and the only way I could have enjoyed myself more was if Mannard had been there with me. In those 65 days I also asked myself some important questions. When is reliance on another person, a loved one, too much? Is there such a thing as a soul mate, and if so, what happens if your soul mate dies before you do? How am I dealing with my grief? What will others think of the decisions I've made, and should I care?

I don't have all those answers, but I do know this: My faith, my friends and the act of living on the edge have shown me that there is still a great life to be lived. And, yes, I can helm my own ship, even though my anchor is gone.

SHERI HUNTER is working on a memoir, *When All Else Fails, Sail*. Next up for the Divas: scuba diving and a hike up Mount Kilimanjaro. ***@SheriHunter***

PHOTO: COURTESY OF SHERI HUNTER

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LENA

SHE HAS NUMEROUS TATTOOS, SWEARS LIKE A SAILOR AND TAKES ON "DARK, WEIRD STUFF THAT MAKES OTHER PEOPLE SAY, 'EWW, I'D NEVER DO THAT.'" WELCOME TO THE GUTSY, NO-REGRETS WORLD OF THE *GAME OF THRONES* STAR



HEADEY

IS WICKED GOOD

BY MARGOT DOUGHERTY

PHOTOGRAPHED BY DAVID SLIJPER

STYLED BY ISABEL DUPRÉ





LENA HEADEY has a weakness for dogs. "It's so hilarious," says her friend Piper Perabo, who starred with Headey in *The Cave*, a 2005 sci-fi thriller shot in Transylvania. "She'll go to a country and make a movie and come back with four rescue dogs and find them all homes." At one point Headey had five of her own, including a Great Dane mix she found languishing at a Los Angeles shelter shortly after she discovered she was pregnant with her son, Wylie, now five. "The dog had one ear," Headey recalls, making a tired flap with her hand in demonstration. "One tooth. He was 11. I don't know what possessed me. I couldn't not take him. He was majestic and broken."

Headey, 41, mines that same complicated and compelling combination as the formidable and embattled Cersei Lannister on HBO's massive hit *Game of Thrones*, which begins its fifth season this month. Belying her regal posture and biting dialogue, Cersei, Queen of Westeros, is a woman skittering on the verge. It's hard to fully enjoy the perks of the palace when you've been married off to a Rabelaisian drinker who loved someone else, your twin brother is the father of your children, and your son has died a ghastly death before your eyes, after drinking from a chalice you believe was poisoned by your younger brother—who shortly afterward killed your father. The incest, intrigue and villainy rampant in the Seven Kingdoms, the flaming sword battles and the blood-squirting decapitations all conspire to shatter a monarch's serenity. Watching Headey's Cersei navigate the treacherous landscape is one of *Thrones*' ongoing delights.

She first heard about the show through her friend Peter Dinklage, who plays that patricidal younger brother, Tyrion. The two were filming a wry indie comedy, *Pete Smalls Is Dead* (Headey's a hoot as the girlfriend of a blonde-Afro-wigged Steve Buscemi), when she noticed Dinklage reading a script. "He said, 'It's this fucking great pilot—it's insane!' " she remembers. " 'Right now I'm reading a scene where I get a blow job,' " he continued. " 'And there's incest, and you'd be my sister.' " What could be better? After meeting with the show's creators, David Benioff and Dan Weiss, Headey knew Cersei was her cup of tea: majestic and, as time went on, utterly broken. Falling-apart characters are more interesting to play, she says, admitting to a fondness for "dark, weird stuff, things other people would say, 'Eww, I'd never do that.' I don't do what I do because I want to be pretty and drink Champagne." »

VALENTINO *silk dress with embroidered collar*; **VALENTINO.COM.** PAGES 68–69: **NORMA KAMALI** *chiffon dress*; **212-957-9797. KAMALIKULTURE** *nylon one-piece*; **ZAPPOS.COM. H.STERN** *18k gold ring with black and white diamonds*; **HSTERN.NET.**

LETTERED BY O BANQUINHO



ALBERTA FERRETTI *silk chiffon needle-work dress*; **SAKS FIFTH AVENUE. BULGARI** *rose gold bracelet with amethyst, rubellite and diamonds*; **BULGARI.COM.**

Benioff and Weiss based the series—HBO's most popular ever, with 19 million viewers per episode—on George R.R. Martin's best-selling books. Dozens of actresses who auditioned portrayed Cersei as "a haughty ice queen, a villainess," the two show runners say in a joint email. "When we watched Lena's audition, we were struck by the humor she brought to the role. We never imagined Cersei as particularly funny, but Lena makes us laugh in pretty much every scene."

The humor she employs is bone dry and crackling with intelligence. "A lesser actress would play a wicked woman," says Dinklage, "but Lena approaches it as a mother lion—maybe because she's a mother herself. Cersei will do anything to protect her own." Headey, who is divorced from Wylie's dad, Irish musician Peter Loughran, nods when asked if her own ferocity matches her character's. "Yes," she says, "when it comes to my child." That protectiveness may soon be compounded: Headey, who is pregnant, will most likely have another child by the time *Thrones* starts shooting again this summer. She won't comment on the baby, and when asked about her romantic life, she demurs, saying only, "I like to keep my personal life private."

On other topics, however, the British actress is light and easygoing, often self-effacing, with a lilting accent that makes the profanities that ride sidecar to much of her conversation sound like charming bons mots. Her sentences tend to be underscored with facial expressions and pantomimes, like live emoticons. Drinking from a to-go cup of coffee on the patio of a Studio City café, she looks decidedly un-Cersei in a boxy faux-fur coat that resembles a teddy bear pelt, a pair of jeans that balloons at the hips and a loose-fitting pink shirt that could be mistaken for a pajama top. Unlike Cersei's Rapunzelesque tresses, her hair is dark and layered, pulled back with a pair of black-framed glasses acting as a headband. "Right now everyone knows her [as the queen] from *Game of Thrones*," says Perabo. "But in real life, Lena's so fun and relaxed and has this mellow rock-and-roll vibe. She's got tattoos and half the time has her swimsuit on under her tank top—she's just ready to hang out in the California sunshine."

Those tattoos, which are strikingly feminine, epitomize the yin-yang dichotomy (she likes boxing *and* yoga) that makes Headey so fascinating to watch. They're also something of an obsession. "I always want more," she says. "It's a terrible thing. I'll be outside a tattoo shop and hear the needle and think, I could just get a little one that nobody would see . . ." Her right forearm is decorated with an open birdcage, her left with small birds in flight. "I don't like closed doors," she explains with a laugh. "If I go into a room, the cupboards have to be open." She enjoys the process of being tattooed as much as the result: "It's something you can't run from. You have to sit and find a way through [the discomfort]. I find a real calm, a real peace to it. When I try to meditate, I think, Oh, should I go to Ralph's or Whole Foods? There's interference. With this I go somewhere else." The extravagant tattoos that cover her back, a lotus blossom and a whirl of peonies and swallows that flows up and around one shoulder, gave her plenty of time to get into the zone: from start to finish, about seven hours.

"SOMETIMES WOMEN CAN BE MISREAD IF THEY HAVE STRONG OPINIONS. I CAN BE VERY BLUNT. THERE ARE MOMENTS WHEN I SHOULD *SHH* MYSELF. BUT I WON'T."

Headey was born in Bermuda, where her mother and father, both British police cadets, were stationed. When she was five, the family moved back to West Yorkshire, England. Growing up, she says, she was "a free spirit with ideals" who got into her share of trouble—"but I never went to jail!" she clarifies. "I'd do things like smoke cigarettes in the garage, pretending to be cool but feeling ill." At 16, she and her classmates wrote and performed in *The Coca-Cola Dragon*, a musical about the Vietnam War. Headey makes light of it: "Teen girls holding rifles [she cradles an imaginary weapon], saying, 'I was a soldier . . . ' " But it was one of about nine plays selected for production in the National Theatre's annual youth talent competition. "As a kid, it's pretty amazing," she says. "You go to London and work with a voice coach, and then one night you perform on one of their stages." A casting director saw Headey's photo in the Olivier Theatre foyer and arranged an audition. " 'There's that strange face,' " jokes Headey. " 'Let's use it!' "

They did: She landed her first movie role, playing the young version of Jeremy Irons's wife in 1992's *Waterland*. "I remember thinking, This is fucking amazing!" she says. "When you're young, you don't realize what's at stake." Her father, less enthusiastic, urged her to go to college. The idea of an acting career was alien to the rural village where Headey grew up, but she stuck with it, making her way with small parts in *The Remains of the Day*, *Mrs Dalloway* and *The Jungle Book*, among others. Her portrayal of Queen Gorgo in 2006's *300*, a spectacularly gory epic in which she holds her own as a sword-wielding Spartan in a sea of trunk-thighed men, laid the groundwork for a slew of tough-chick parts, including the weapons-packing lead in the 2008–09 TV series *Terminator: The Sarah Connor Chronicles*.

Off camera, she can seem as imposing as her characters. "Sometimes you're in a room that feels incredibly male-centric, which is hard," she says of Hollywood. "I can't play that game"—she leans back in her chair and gives a good-ol'-boy wink—"and sometimes women can be

misread if they have strong opinions. I can be very blunt. There are moments when I should *shh* myself. But I won't."

It's Headey's fearlessness that sets her apart as an actress, says Dinklage: "I'm jealous of it. She doesn't care what people think. She's drawn to what she's drawn to." She balances blockbuster action thrillers with quieter movies. Right after fighting giant man-eating creatures in *The Cave* ("based on fact," she deadpans), Headey and Perabo filmed *Imagine Me & You*, a sweet girl-meets-girl romance in which she's a lesbian florist who falls for Perabo's straight bride-to-be. Dinklage suggested her for last year's *Low Down*, a dark but luminous movie he'd been cast in about jazz pianist and heroin addict Joe Albany, costarring John Hawkes and Glenn Close.

"I remember Lena telling me, 'I have no vanity as an actor,'" says *Low Down* director Jeff Preiss. "'There's no extent of ugliness that I'm not willing to go for.'" Nor was she looking for empty praise. "She always seemed to like criticism," he recalls noticing. "You don't get much response from Lena by saying, 'Bravo!' She'd rather me say what didn't work. That gives her creative energy to reinvent." Headey's performance as Albany's wife, a woman made cruel by disappointment and alcoholism, is haunting. Even her body language, a liquid movement that seems independent of muscle and bone, registers her descent into darkness.

Headey has acknowledged having had her own bouts of depression, starting in her midteens. But "I haven't had a spell in a long time," she says. "I think some people's brains are just wired that way if you're a thinker. People who never get anxious always amaze me. The world could be breaking up and they're saying, 'Everything's fine!' Getting older and having kids, you learn how to become less serious about it all."

Dinklage and Perabo agree that their friend is happiest when she's with Wylie. "There's a tomboy quality to Lena when they're together," says Perabo. "She jumps in the pool and swims with him. There are Cheerios all over everything."

Headey and her ex, who lives in L.A., share custody. "It's tough," she says of their split after six years of marriage. "There's a lot of hurt and sadness and disappointment. Grief. Massive grief. It's a mourning process, and yet nobody's died."

Between the *Thrones* set in Belfast, various film locations and her home in L.A., where she's in the throes of building a new "sweet and little" house, Headey travels a lot. When Wylie's not with her, he stays with her parents in either West Yorkshire or L.A., or with his dad. When they're apart, Headey makes two-minute videos for him, one to say good morning and the other to say good night. Nonetheless, "it isn't easy," she says. "There's guilt." Wylie doesn't understand what Mom does for work, but he's on her side. Headey took him to the set of last year's *300* sequel, *Rise of an Empire*, thinking he'd enjoy a sword-fight scene. "Ninjas!" he yelled to her opponents when the action began. "Be gentle!"

Headey resists the idea that she's famous, despite having nearly a half million Twitter followers, to whom she's tweeted such musings as "Elf on a shelf. Just fucking creepy," referring to the popular kids' character. "I find it extraordinary," she says. "Sometimes people recognize me, and it's so bizarre. I think, How did you know?" Last winter, when she was out with her friend Pedro Pascal (*Thrones* enthusiasts lamented his all-too-brief story line as the charismatic Red Viper), some besotted fans asked her to take their picture with him. Pascal was on the verge of outing her as Cersei, but Headey stopped him in his tracks. "She manages it all with tremendous grace and is very generous with her fans," he says, "but I think she can take it or leave it as far as the attention goes."

While Cersei's fate hangs in the balance—the Twittersphere has been rife with chat about an upcoming scene that finds her being forced to walk naked down a throng-filled street—Headey's future is looking bright. In the forthcoming movie *Zipper*, she plays "the missus," as she puts it, to Patrick Wilson's prosecutor, a politician addicted to call girls. After that comes *Pride and Prejudice and Zombies*, based on the 2009 adaptation of Jane Austen's classic, which finds her as an aristocratic Lady Catherine who dabbles in zombie investments—"as you do in *Pride and Prejudice*," Headey observes dryly. "It's rather camp and rather fabulous."

Despite the swell of work—she's also trying to develop a movie based on a British best seller, *H Is for Hawk*, which she hopes to act in and codirect—Headey isn't banking on her success. Not too long ago, she says, she'd look at her car and wonder if she could live in it. "Nothing is concrete," Headey explains. "Right now I'm having a very great moment, but it's a moment, and I always think, OK, worst-case scenario: Could I survive in my car? Would this be OK? My friends call it disaster thinking. I like to think of it as realism."

MARGOT DOUGHERTY wrote about Diane Keaton for the May 2014 issue of *More*.

MORE words with Lena Headey

My number-one rule when striving to achieve MORE is . . .

Slow the fuck down.

What do you appreciate MORE as you age?

Health. Sanity. Life!

I wish I had MORE time for . . .

Leg shaving.

MORE women should . . .

I can't tell you what to do. You're all grown up now.

The world can use a little MORE . . .

Quiet.



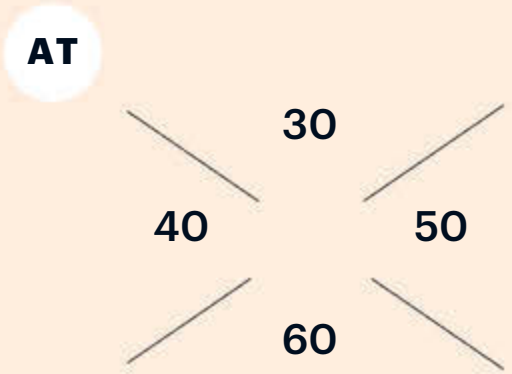
ALEXANDER McQUEEN
vintage dress.

HAIR: MARK TOWNSEND FOR DOVE HAIR CARE; MAKEUP: MAI QUYNH FOR LANCÔME; MANICURE: ASHLIE JOHNSON FOR CHANEL LE VERNIS AT THE WALL GROUP; PROP STYLING: OWL AND THE ELEPHANT STUDIO



YOUR BEST

HAIR



YOU'VE READ REAMS ABOUT HOW TO CREATE A SKIN-CARE REGIMEN THAT FIGHTS FINE LINES, SUNSPOTS AND SAGGING. BUT WHAT ABOUT AN ANTI-AGING *HAIR-CARE* REGIMEN? WE THOUGHT YOU MIGHT BE INTERESTED. HERE, A GAME PLAN FOR KEEPING YOUR HAIR LOOKING AS TERRIFIC AS THE REST OF YOU

BY GENEVIEVE MONSMA

PHOTOGRAPHED BY HANNAH KHYMYCH



1_ SHAMPOO AT LEAST THREE TIMES A WEEK

THE TREND THESE DAYS is to wash as little as possible—then extend time between cleansing with dry shampoo. But while infrequent sudsing saves time and preserves your color, it may compromise new growth. "Stimulating and cleaning the scalp is important as you age, **especially in your forties and fifties,** when many women experience hair loss and thinning," says Kevin Mancuso, celebrity stylist and creative director for Nexxus Salon Hair Care. Nunzio Saviano, celebrity stylist and owner of an eponymous salon in New York City, agrees: "Regularly removing buildup keeps the follicles clear so new hair growth has a clear path to your scalp's surface—and massaging your head multiple times a week as you apply the shampoo boosts blood flow, ensuring that nutrients make their way to follicles." For women who do shampoo daily, Mancuso says that's fine, but it "may murder your color. Instead, consider cutting how frequently you shampoo—just don't lather up less than three times a week. And on days you don't wash your scalp, still massage it for five minutes." Another reason to clean consistently: **Most women over 35** use two or more styling products each day, says Mancuso, usually to thicken or add oomph, but after a few days without cleansing, they start to weigh down your 'do. The only fix? Wash them out. **PURELY PERFECT** *Cleansing Creme* **($40; PURELYPERFECTPRODUCTS.COM)** is a gentle, detergent-free option. Finally, "too much dry shampoo makes hair look dull. And just as glowy skin makes you look younger, so does shiny hair," says Jenny Cho, celebrity stylist and a Suave Professionals consultant.



2_ MINIMIZE WATER DAMAGE

BUT WAIT, you may be asking: "What about my hair color? Won't shampooing more often accelerate fading?" Yes—and no. It's water, not shampoo, that strips color molecules and distorts tone, say most experts. Scientist Trefor Evans, PhD, who has developed haircare products for companies like Unilever, says studies have shown time and again that "rinsing with water alone produces the same amount of color fading as water plus shampoo." Add to that the fact that a survey conducted by T3 Haircare found that many American faucets spit out water with a high chlorine content (hello, brassiness), and it's no wonder shampooing gets a bad rap. But for **those of us over age 40** who color our hair (and nearly 75 percent do, says Anne Kreamer, author of *Going Gray*), there are ways to minimize the harm. First, wash with lukewarm rather than hot water, suggests Kyle White, lead colorist at the Oscar Blandi Salon in New York City. "The hotter the water, the more the cuticle opens and the more likely you are to lose color molecules in the shower," he explains. Second, spend as little time with your hair under the showerhead as possible: Wet your hair, massage in shampoo for two minutes, then do a quick rinse. Third, invest in a water filter for your shower to remove chlorine and other chemicals and minerals; **T3** has one, the *Source Showerhead* **($130; SEPHORA.COM)**, but you could also buy a filter at a hardware or homegoods store for $25 and up. Finally, consider using a product such as **NEXXUS** *New York Salon Care Color Assure Pre-Wash Primer* **($18; DRUGSTORES)**, a spray that lightly coats hair before you shampoo, minimizing the cuticle lift-up while you wash; **LIVING PROOF** *Perfect Hair Day 5-in-1 Styling Treatment* **($26; LIVINGPROOF.COM)**, designed to repel dirt and oil and keep the scalp clean longer so you can skip a wash; **EVO** *Fabuloso Colour Intensifying Conditioner* **($35; EVOHAIR.COM)**, a two-in-one conditioner and color enhancer in seven shade options; or **JOHN FRIEDA** *Colour Refreshing Gloss* **($13; DRUGSTORES)**, which comes in six shades and counteracts fading with a shiny tint.



3_ CONDITION AS OFTEN AS YOU CAN

"WOULD YOU EVER not put moisturizer on your face after cleansing?" asks Cheri McMaster, a scientist and senior manager at Procter & Gamble (maker of Pantene and Head & Shoulders). Yet close to 30 percent of women skip conditioner, fearing it will weigh down their hair. This becomes especially problematic **in our late forties and early fifties,** as hormonal shifts associated with menopause cause the moisture content of the scalp (and therefore the hair) to drop dramatically, leaving strands dull, brittle and extra prone to breakage and splitting. Conditioners work by coating each strand and smoothing the cuticle, making the hair look instantly glossier—and by providing slip so that when you run a comb or brush through your mane, it doesn't grab and tear the hair. In fact, the latter benefit is what matters most **after 40.**

STILL PHOTOS: PETER ARDITO

"Your goal is to find ways to put less stress on hair that's becoming more vulnerable to damage," says Eric Spengler, senior vice president of research and development for Living Proof hair care.

So what are the best ways to condition hair that may also be challenged in terms of density and volume? "The reason some women are averse to conditioners is that they use them improperly. You wouldn't slather a whole cup of skin cream on your face, and the same principle applies to your hair," says McMaster, who is a fan of using lightweight conditioners and spot treating areas—like your ends or the fragile hair around your face—that need extra detangling. Two we like are **DOVE** *Youthful Vitality Conditioner* **($5; DRUGSTORES)** and **TRESEMMÉ** *Youth Boost Youthful Fullness Conditioner* **($5; DRUGSTORES).**

Selective conditioning is especially helpful for **women over 60.** It's at this age that hair loses volume on top and thus has a propensity to wilt if anything too heavy is put on the roots. Women who worry more about coarseness than limpness can choose a richer conditioner, says Stephanie Brown, a colorist at the Nunzio Saviano Salon in New York City. **PANTENE** *Pro-V Expert Dry Defy Intense Hydration Conditioner* **($9; DRUGSTORES)** nourishes most hair types, while **DARK AND LOVELY** *Au Naturale Moisture L.O.C. Deep Conditioning Delight* **($10; SALLY BEAUTY.COM)** is extra moisturizing for textured strands. Brown also recommends the Kérastase Fusio-Dose Treatments, an in-salon conditioning service for very dry hair—a problem that afflicts **most fifty- and sixty-somethings** (go to kerastase-usa.com for salons). Finally, a thermal protectant spray with detangling properties further minimizes friction (and subsequent breakage) as you style. Try **KEN PAVES** *You Are Beautiful Detangling Thermal Protectant Spray* **($17; WALMART.COM)** or **ALTERNA** *Caviar Repairx Multi-Vitamin Heat Protection Spray* **($30; SEPHORA.COM).**



4_ GOOSE NEW HAIR GROWTH

BETWEEN 40 and 50 percent of women will experience some hair loss in their lifetime, according to Nicole Rogers, MD, a dermatologist in Metairie, Louisiana, whose practice specializes in hair transplants. For women **over 40** who suffer hair loss, the cause is usually genetic—a form of female-pattern baldness in which strands, typically along the frontal hairline, grow in skinnier than they used to and stay put on the head for a shorter amount of time, says Amy McMichael, professor and chair of the department of dermatology at Wake Forest Baptist Health Center. The result: Hair seems less abundant. The most effective solution for this kind of thinning is daily use of minoxidil, which is believed to work by encouraging mini strands to grow in thicker and stay on the head longer (for those of you who have tried Latisse for lengthening and thickening lashes, the process is similar). Minoxidil was previously approved for women only in a 2 percent concentration that needed to be applied twice daily, but **WOMEN'S ROGAINE** *5% Minoxidil Foam* **($48; DRUGSTORES)** was recently approved by the Food and Drug Administration. You need to use it only once a day, and the foam is less likely than liquid formulations to mess up your hairstyle. McMichael tells patients to start using minoxidil as soon as they notice any thinning or decreased density—**as early as their thirties**—because the drug is less, or not at all, effective once hair follicles are dead.

Experts note that there are also nongenetic causes of hair loss, including medication, illness, over- or underactive thyroid, anemia, postpregnancy hormonal fluctuations and even stress. In those cases, the underlying cause must be addressed first, but then minoxidil may help boost hair growth once the condition has ceased or is under control, says McMichael. Minoxidil may also be helpful for women **in their forties and beyond** who may not notice excessive shedding but whose hair has less body than it once did. This, experts say, is often the result of the aforementioned strand slimming: You have the same number of hairs on your head, but they've lost some weight, so to speak. (When is minoxidil not effective? When your hair is quite thin—and has been for all or most of your adult life. "Minoxidil cannot change a characteristic that is genetically coded," says McMichael.) Also important to note: Some women find minoxidil irritates their scalp. Rogers says this is usually a reaction to propylene glycol, a preservative in the traditional liquid-serum formulation. Most foam versions of minoxidil treatments do not contain propylene glycol and may lower the incidence of irritation. »

Experiencing scalp sensitivity such as itching and redness? Dandruff shampoos deliver an anti-inflammatory, zinc pyrithione, that can lessen symptoms.



HAIR: FELIX FISCHER USING RICH HAIR CARE AT FACTORY DOWNTOWN; MAKEUP: ERIN GREEN USING CHANEL ROUGE COCO; NAILS: CASANDRA LAMAR USING CHANEL LE VERNIS AT FACTORY DOWNTOWN



5_ SPRITZ ON SUNSCREEN

ONCE YOU ENTER **your thirties,** "protecting hair from the sun is just as important as protecting the skin from UV rays," says Rogers. "Your hair won't get cancer, obviously, but sun exposure can leave strands brittle and dry, and accelerate color fading." How exactly does UV light do this? "It damages the keratin in the hair," explains Spengler. This weakens individual strands and opens cuticles, making color more apt to wash out. Most UV protectants for hair work by absorbing UV rays, but unlike sunscreens for skin, they needn't be reapplied throughout the day. "You don't have to worry about body heat liquefying the product and causing it to run," says Spengler. In other words, you can apply it to damp hair and style as usual—and you're good to go until your next shampoo. Try **L'ORÉAL PARIS** *EverPure 8-in-1 Color Miracle Color Revitalizing Treatment* **($9; DRUGSTORES)** or **KÉRASTASE** *Soleil Elixir Ultime Crème Fine* **($42; KERASTASE-USA.COM).**



6_ UPGRADE YOUR TOOLS

WHEN YOU WERE 25, your hair could probably bounce back from being flat-ironed at 400 degrees multiple times a week. When you're 45? Probably not. "Once you hit **your forties or fifties,** you should invest in irons and blow-dryers that have heat-setting options," says Cho. "You've outgrown the inexpensive on/off blow-dryer and need something that has cool, warm and hot settings and that can blow air at different speeds." The goal is to use the coolest setting to dry most of your hair, then go back and amp up the heat just where you need it—for instance, to smooth cowlicks or straighten stubborn waves in your underlayers. Two dryers pros prefer: **HARRY JOSH** *Pro Tools Pro Dryer 2000* **($300; DERMSTORE.COM)** and **T3** *Featherweight Luxe 2i* **($250; SEPHORA.COM).** The same strategy applies to many irons, like the **SEDU** *Revolution Diamond Styling Iron* **($180; FOLICA.COM),** which comes with heat settings ranging from 180 to 450 degrees. The finer or more damaged your hair, the lower your heat setting should be. Proceed with caution, however, say most experts: If 250 to 300 degrees does not adequately smooth your hair in a single pass and you end up dragging the iron down each section of hair multiple times, you've just canceled out the benefits of a lower heat setting. In fact, colorists White and Brown both say they tell their flatiron-addicted clients **ages 35 and beyond** to invest in a keratin smoothing treatment. While White acknowledges that keratin treatments, aka Brazilian blowouts, have their downsides (e.g., you must use a flatiron to seal in the treatment, and, oh yeah, there's the exposure to formaldehyde), he'd still recommend one over frequent ironing: In terms of hair health, it is the lesser of two evils. Finally, the pros say to choose gentle brushes that are kind to aging tresses. "Skip metal brushes when blow-drying. Heat turns the metal brush into an iron, which fries fragile hair," says White. A better bet is a boar-bristle brush, since it won't heat up and it smooths strands by distributing scalp oils down the hair shaft. A classic one is **MASON PEARSON** *Popular Mixture Brush* **($205; NORDSTROM.COM).** Cho adds that tools used to detangle wet hair must also be very gentle, especially **in your fifties and sixties**, when hair is at its most vulnerable. She uses the **SHEILA STOTTS** *Application Brush* **($38; SHEILASTOTTS.COM).**

WHEN THIN ISN'T IN

For those of you who find minoxidil isn't doing enough to stem hair loss, these more aggressive methods from Amy McMichael, professor and chair of dermatology at Wake Forest Baptist Health Center, may be the ticket.

Off-label oral medication Finasteride, spironolactone and flutamide are drugs that treat, respectively, prostate enlargement, hypertension and prostate cancer, but they have also been shown to help "keep hair on the head and prevent further loss," says McMichael. Although each drug's methodology is different, the results are similar: They all help disable the hormone DHT, which is responsible for hair loss. McMichael cautions, however, that while they all have few side effects, finasteride and flutamide are not approved for use during pregnancy, making them best for women who are postmenopausal or take them in conjunction with birth control.

HairMax LaserComb ($295 and up; hairmax.com) This laser-light device helps stimulate blood flow in the scalp to promote growth. "Using this device daily has helped some of my patients see improvement in hair density," says McMichael. For best results, you must commit to using the comb at least three times a week for at least 10 minutes at a time.

Surgical hair restoration "For severe hair loss that leaves bald spots, hair transplants are a viable option," says McMichael. How it works: Hair that is DHT resistant is harvested and replanted in the areas that are balding. If, though, you suffer from thinning rather than baldness, transplants are not for you. Prices start in the low thousands and go up, depending on how much hair is transplanted. Find more information at the American Board of Hair Restoration Surgery (abhrs.com) or the International Society of Hair Restoration Surgery (ishrs.org).



PHOTOGRAPHED BY PETER LIPPMANN STYLED BY ARISTIDE RED



GAME OF STONES

CALL THIS THE AGE OF URBAN ARMOR. FINE-JEWELRY DESIGNERS HAVE MOVED AWAY FROM GLITTERY GOLD AND FANCIFUL COLOR IN FAVOR OF MIXED METALS, OXIDATION AND MOODY GEMS



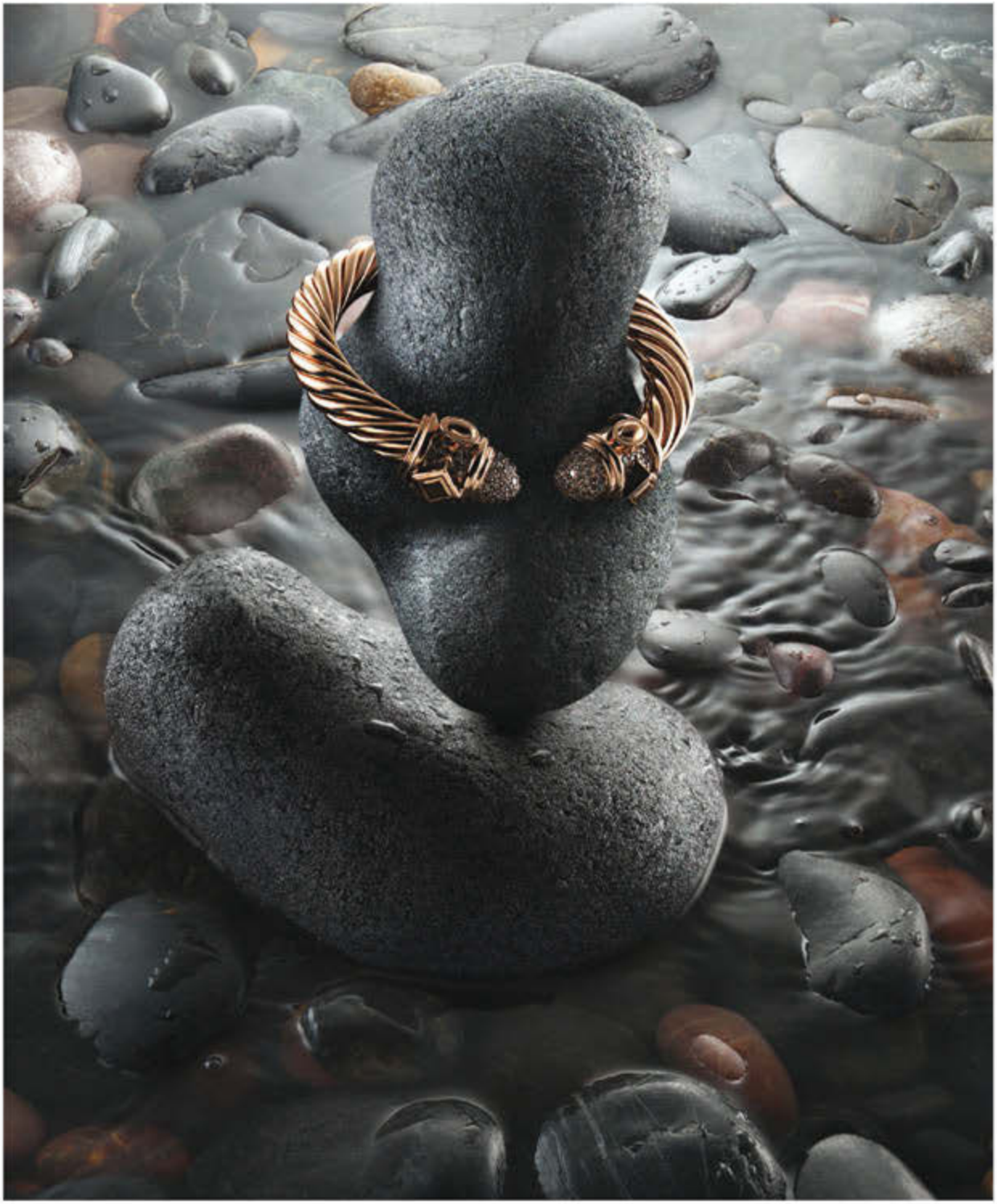


MODERN HEIRLOOM

JOHN HARDY *18k gold pendant necklace with quartz, amber and orange sapphires*; **888-838-3022.** OPPOSITE: **JUDEFRANCES JEWELRY** *18k gold earring with diamonds and topaz*; **NEIMANMARCUS.COM.** PAGE 82: **ROBERTO COIN** *18k gold cuff with diamonds*; **212-486-4545.** PAGE 83: **SEVAN BIÇAKÇI** *24k gold and sterling silver necklace with moonstone and diamonds*; **800-237-9477.**







AUDACIOUS TREASURE

DAVID YURMAN *rose gold bracelet with cognac diamonds*; **DAVIDYURMAN.COM.** OPPOSITE: **MONICA RICH KOSANN** *18k gold ring with emerald, diamonds and ruby cabochons*; **MONICARICHKOSANN.COM.** PAGE 86: **TODD REED** *sterling silver necklace with diamonds*; **TODDREED.COM.** PAGE 87: **DIANE VON FURSTENBERG BY H.STERN** *18k gold ring with quartz*; **HSTERN.NET.**





YOU ONLY THINK YOU KNOW

FLORENCE

IN THIS SERIES of *More* special insiders' travel guides, we ask those in the know to take us on a tour of charming restaurants, hotels with incomparable views, the chicest boutiques. Here, **Louise Ferragamo** shows us the gorgeous Tuscan city she calls home. **Interview by Gisela Williams**

PHOTOGRAPHED BY SIMON WATSON



Trattoria Gargani (garganitrattoria.com) is my favorite restaurant. Everyone who goes gets a taste of old Florentine aesthetics—the interior is like an art museum—and the food is excellent and beautifully plated. Opposite: Louise Ferragamo, stopping for a bit of pastry.



OFFICINA DE' TORNABUONI



MERCATO DI SANT'AMBROGIO



FABRICS AT LISA CORTI

SHE MARRIED into one of Italy's most illustrious fashion families (based in Florence since 1927), but Louise Ferragamo still considers herself a fortunate outsider in a special world. Born in Denmark, she went to Florence as a fashion student. "I soon realized that this city was my future," she says. She moved there for good in her early twenties before meeting her husband, James Ferragamo. When they married, in the Palazzo Corsini, it was her first time planning a tasteful yet modern wedding in tradition-bound Florence, but it wasn't her last. She started an events-planning business and now organizes one-of-a-kind destination weddings throughout Tuscany (madebymade.it). "I always say to my clients that when you choose a place like Florence to have an event, you don't have to get complicated," she says. "The food here is amazing, so just focus on a few important details, then keep the rest simple."

FOR SUPERIOR, gorgeously packaged beauty products (I especially like the rose water), there's **Officina de' Tornabuoni** (*officinadetornabuoni.com*). I know the owners quite well; Nicolò has four generations of expertise behind him. The laboratory is in the Tuscan region of Valdarno and is a true marriage of tradition and innovation.

Mercato di Sant'Ambrogio (*Piazza Lorenzo Ghiberti*) is my destination for vegetables, cheeses, meat, flowers and clothing. One vendor sells old Tyrolean costumes—little shirts, lederhosen and dirndls—and another sells vintage foulards and hats. I suggest you pick up picnic supplies at the food stalls and then head to Il Giardino delle Rose near Piazzale Michelangelo for lunch or to the "beach" on the Arno.

Lisa Corti (*lisacortifirenzeroma.com*), next to Caffè Cibrèo, is my go-to for printed textiles as well as inspiration: The colors and patterns are amazing. I would buy fabric here for a seaside or country house or to cover a big Balinese sofa—not for our house in Florence, which is more classic. »



FOR MEETINGS, I go to **Caffè Florian** (Via di Parione, 28/r), an outpost of the famous café in Venice. It has great atmosphere and delicious club sandwiches, chocolates and coffee. Many palaces and expensive shops are in the neighborhood.



A STREET SCENE under the golden arches of the **Ponte Vecchio**, which has spanned the river Arno since the Middle Ages.



CAFFÈ CIBRÈO



DOLCI & DOLCEZZE



TRATTORIA 4 LEONI

I go to **Caffè Cibrèo** (*Via Andrea del Verrocchio, 5/r*) every day for a cappuccino. They have little cakes and sandwiches. This is the real Florence, very old-fashioned and tiny, tiny.

Dolci & Dolcezze (*dolciedolcezze pasticceria.it*) sells the most delicious fondant chocolate cake. It tastes like melting chocolate, very intense. You only have to eat a little to be satisfied. I often take it to dinner parties. The shop is charming, with two high chairs at the counter so you can squeeze in and have coffee.

Ermanno Scervino (*ermannoscervino.it*) is the boutique of one of my favorite designers. His clothes are expensive and elaborate—poplin shirts with lace and embroidery in the summer, beautiful double-wool coats in the fall. If I could get away with wearing his white poplin shirts every day, I would not wear anything else.

FOR THE BEST ice cream, visit **Badiani** (*buontalenti.it*). It's a secret recipe. The locals go for breakfast and for lunch as well. The owner, who makes great canapés, has helped cater a few of my events.

Trattoria 4 Leoni (*4leoni.it*) has the best mozzarella and delicious fried chicken with vegetables. One of the most famous dishes is the *fiocchetti di pera*—little ravioli filled with cheese and shaved pear and served in a creamy sauce. Heavy but fantastic. »



ERMANNO SCERVINO



BADIANI



DR. VRANJES





ALCHIMIA

MERCATO DELLE PULCI



Dr. Vranjes (*drvranjes.it*) sells face creams and amazing home fragrances in beautiful bottles. They are known for their red wine fragrance.

If you're looking for anything vintage—oil bottles, postcards, crystal chandelier pieces, suitcases—**Mercato delle Pulci** (*Piazza dei Ciompi*) is the place to go. If I am invited, say, to a 1920s theme party, I go for hats or gloves from that period. Sadly, some people want to close it down because the building is very old and the roof is falling in. But for me, it's the kind of place that makes Florence beautiful, so I am trying to save it.

Alchimia (*alchimia.it*) is a school of contemporary jewelry making that is becoming quite famous. The students' work is on display, and it's very inspiring, with an alternative design sensibility.

WHEN I NEED to suggest or buy bridesmaids' gifts for clients, I often go to **Ciro** (*parrucchiereciro.com*), a salon and spa that sells beauty products. Ciro Massaro, the creative director, is an artist; Marco Bartalesi is a classic stylist. Deborah De Girolamo gives an amazing massage.

Boutique Nadine (*boutiquenadine.it*) is a great vintage store close to the Ponte Vecchio. They also reproduce vintage clothing.

HOTELS I really like: **JK Place** (*jkplace.com*) in the Piazza Santa Maria Novella. Just outside Florence is a stunning Renaissance property, **Villa Mangiacane** (*mangiacane.com*). Built for the Machiavelli family, it's a fantastic hotel in the middle of vineyard-covered hills—perfect for family weekends and weddings.

GISELA WILLIAMS writes for the *New York Times*, *Vogue* and the *Financial Times*. Based in Germany, she cohosts *Berlin Stories* for NPR. ***@giselaatlarge on Instagram***

THE PERFECT PLACE to sip a Bellini before dinner is in the **Hotel Continentale's La Terraza Bar**, where you can sit on the terrace overlooking the city and enjoy inspiring views, such as this one of Palazzo Vecchio. The Continentale is one of three hotels owned by my husband's family, so I am partial, of course. Be sure to go at sunset. Then have dinner at **Borgo San Jacapo** at the Hotel Lungarno (lungarnocollection.com), overlooking the river. You'll feel as if you're on a boat. The restaurant is formal—definitely for a special occasion. The menu changes often, with wonderful fish dishes. The tuna tartare is spectacular.



IF YOU REVEAL GOVERNMENT SECRETS IN AN ATTEMPT TO EXPOSE GOVERNMENT WRONGDOING, DOES THAT MAKE YOU A HERO OR A TRAITOR? ATTORNEY JESSELYN RADACK STANDS UP FOR SOME OF THE WORLD'S MOST REVILED WHISTLE-BLOWERS— THINK EDWARD SNOWDEN, JULIAN ASSANGE—BECAUSE FOR HER, IT'S PERSONAL

COURTING CONTROVERSY

BY **SUZANNA ANDREWS**
PHOTOGRAPHED BY **PETER HAPAK**



SEATED IN A QUIET CORNER OF A RESTAURANT NEAR HER DOWNTOWN WASHINGTON, D.C., OFFICE, ON A RAINY NOVEMBER AFTERNOON, JESSELYN RADACK IS RECALLING ONE OF THE TOUGHEST DECISIONS OF HER LIFE.

Nearly 15 years later, she still finds it difficult to speak about that time—"my years in the wilderness," she calls it—when she almost lost everything she had worked so hard to achieve. "I felt very helpless," Radack says. "And hopeless." But then she smiles, the quick megawatt smile familiar to anyone who has seen her on the television-news circuit. She appeared on a show just this morning, which is why she is wearing pink lipstick and a suit that's deep purple, one of her "TV colors," she says.

At 44, Radack is among the leading whistle-blower lawyers in the country. She is also possibly the most outspoken and passionate. With expertise in national security, she has a client list that includes some of the most controversial people on the planet. She is part of the legal team for Edward Snowden, the former National Security Agency (NSA) contractor who disclosed thousands of classified government documents. Radack represents John Kiriakou, the former CIA operative who made headlines speaking out against torture. And she has advised Julian Assange, the founder of WikiLeaks. Reviled for having put the country's national security at risk by revealing government secrets, Radack's clients are considered traitors by millions of Americans. To millions of others, they are patriots, courageous citizens who, at a time when privacy rights, due process and the Constitution itself seem to be under fire, are providing information needed to preserve the country's democracy.

In advocating for her clients—in speeches around the world, on television and in the countless op-ed and opinion pieces she has written—Radack has become just as controversial. She has been called everything from a media slut and a traitor to a fearless and bold champion. An award winner for her whistle-blower and First Amendment work, Radack was named one of *Foreign Policy*'s 100 Leading Global Thinkers in 2013. She has addressed the European Parliament, appeared in two documentary films and lectured at colleges as a Woodrow Wilson fellow. And she has won the unwavering loyalty of her clients, who speak of her in emotional terms, even crediting her with having saved their lives.

The United States has a long and complicated history with whistle-blowers—"a love-hate relationship," says Radack—dating back to the Revolutionary War. A few have been lionized by Hollywood: Karen Silkwood, Deep Throat and Jeffrey Wigand, the tobacco-company executive who revealed industry secrets. Many have faced staggering opposition and risked everything, including their lives—as was possibly the case with Silkwood, who died in a mysterious car crash on her way to meet a *New York Times* reporter. Today Radack argues on behalf of people who are among the hardest to defend. Unlike corporate whistle-blowers or those who work in other government agencies, national-security employees and contractors have almost no legal protections. And they have to contend with the full force of the U.S. government coming after them, which can be terrifying.

As Radack herself knows well. Her work today may pit her against the government, but she was once a successful Justice Department lawyer. An ethics adviser, she also defended government employees accused of constitutional violations, including the federal law-enforcement agents involved in the raids at Waco and Ruby Ridge. It was her dream job, she says, and she overcame daunting obstacles to land it. But in early 2002 she was faced with a terrible decision. The FBI, she believed, had committed serious ethical violations in the interrogation of a prisoner—one who could have been facing the death penalty—and senior government officials were trying to keep that information from the public. After months of sleepless nights, Radack told a reporter what she knew. Blackballed, pushed out of two jobs, harassed by the FBI, she was even put on the Department of Homeland Security's no-fly list. Radack, whose two sons were young at the time, only half jokes that "even the soccer moms wouldn't talk to me." It was, she says, "a very lonely time."

She had entered the most isolated of worlds: that of the government whistle-blower. When those in the corporate world expose malfeasance—dangerous baby toys, malfunctioning car brakes—the public finds it shocking but much less difficult to accept than, say, being told their government is conducting illegal mass surveillance. "It's easier to see the corporation as the bad guy," says Radack. "You do not want to believe your government would be doing bad stuff, doing anything that would be against your interest as an American citizen."

IN HER LIGHT-FILLED office at the Government Accountability Project (GAP), where she oversees national-security and human rights cases for one of the nation's top whistle-blower advocacy groups, Radack is at her desk scrolling through emails. She gets hundreds each day, and right now 4,300 are piled up for review. In the center of the room is a small round conference table, painted bright pink and green. Hand carved around its edges are the words JUSTICE, INTEGRITY, SPEAK TRUTH TO POWER and PROTECT WHISTLEBLOWERS. The walls are lined with photographs. Radack and her children. Radack and her husband, Daniel, a World Bank economist, on their wedding day 17 years ago—he in his tux, she in her princess wedding dress—posing in front of the Lincoln

STYLIST: MASHA ORLOV AT BRYDGES MACKINNEY; HAIR: AYUMI YAMAMOTO USING NUMBER 4 HAIR CARE AT DEFACTO; MAKEUP: DANIELLA FOR NARS COSMETICS AT WORKGROUP; NAILS: NIA COOPER FOR OPI; JACKET: VALENTINA KOVA; EARRINGS: HER OWN. PHOTO, OPPOSITE: SUNSHINE PRESS/GETTY IMAGES

Memorial. And Radack as a young Justice Department lawyer in a boxy navy-blue suit and prim white blouse, standing proudly next to Attorney General Janet Reno. "Oh yeah," she says, laughing. "That was me."

Raised in Columbia, Maryland, Jesselyn Alicia Brown spent her early years dotting her *i*'s and crossing her *t*'s, trying hard to do the right thing. Her father was a Washington attorney and her mother a computer programmer. They divorced when Radack was five, and she and her two younger brothers lived with their mother, who, Radack says, struggled with alcoholism. Life at home was "chaotic," she recalls. When she was about 16, she moved in with a friend of her school's guidance counselor. She tried to put order in her world. She was a stellar student in high school, a field hockey player and a competitive figure skater. At Brown University, she triple majored in political science, women's studies and American civilization and graduated Phi Beta Kappa. "I think for me schoolwork was always something I could control when things got *out* of control," she says.

During her sophomore year, Radack was sexually assaulted on campus. Walking home at night from a party, she was surrounded and groped by members of the Brown football team. She filed a complaint, careful to follow the rules and go "through the system," she says. But when the athletes' only punishment was extra laps around the track at practice, Radack was outraged. With three other women, she formed a committee that pressed the university to strengthen its sexual assault policy. In 1990, her junior year, Radack was interviewed by the *New York Times*, among other papers, and appeared on the *Phil Donahue* show, defending Brown's infamous "rape list," graffiti scribbled by female students listing the names of alleged sexual abusers. Even then she was articulate in interviews, tough and perky at the same time, with an enthusiasm for the spotlight.

That year, Radack was diagnosed with multiple sclerosis. Finally, the terrifying vertigo, the white-outs and the numbness she had been experiencing since high school made sense. The diagnosis was a relief, she says, but Radack was just beginning the medical regimen that would bring it under control: surgery, therapy and medication for pain that at times was excruciating. Until just last year, when she started on a new medication, Radack was taking 23 pills a day. Because MS is an autoimmune disease exacerbated by stress, she still has to guard against coming under too much strain and needs to nap every day after work. Even so, there are times when symptoms flare up and, as happened recently, she can't open a plastic drink bottle.

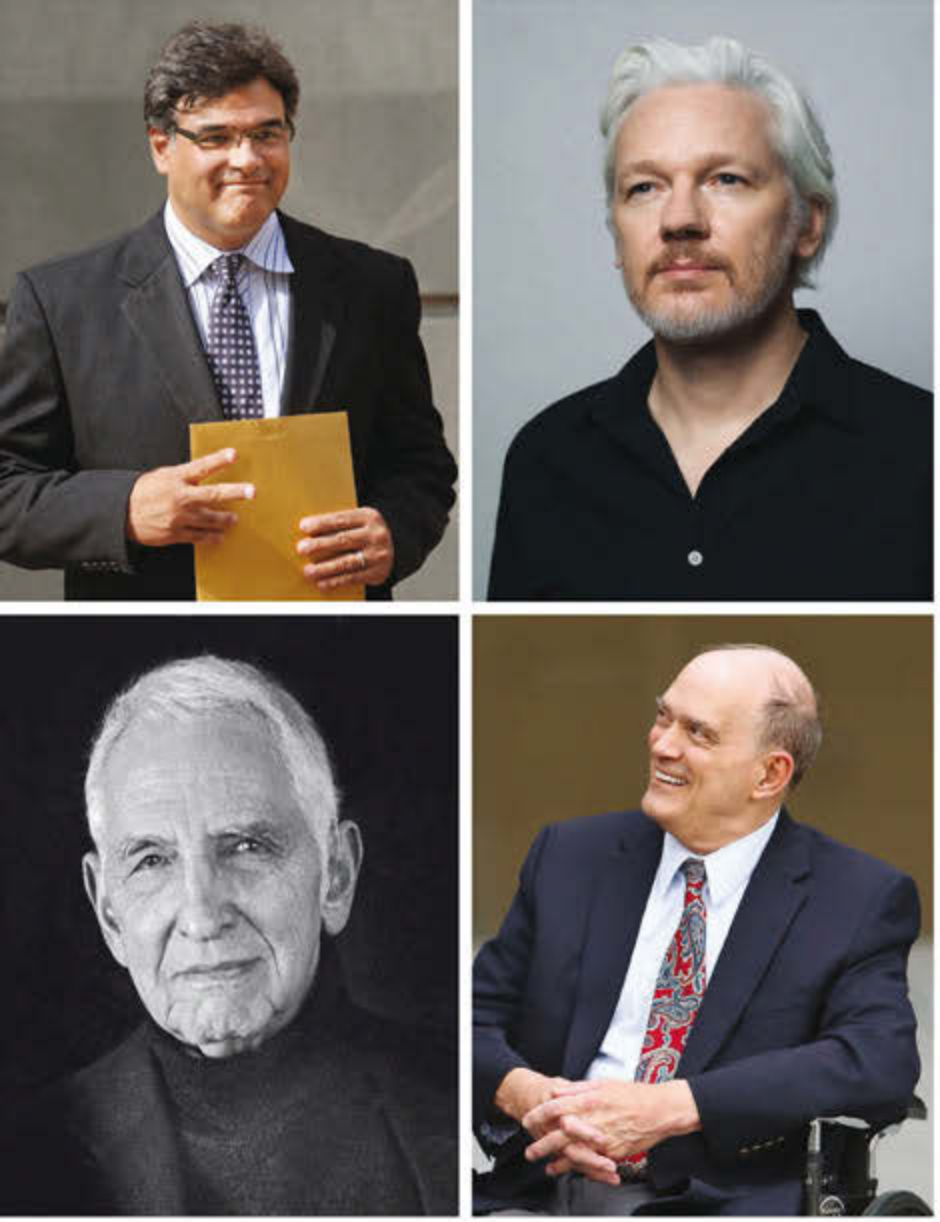
After graduating from Brown in 1992, Radack went to Yale Law School, where once again she hit all the good-girl marks, writing for the law review and working as a White House intern. And then, shortly before graduating with honors, Radack did something that she says she has no trouble reconciling with her crusade against sexual abuse on campus: She posed topless for *Playboy*'s "Women of the Ivy League" issue. The magazine was offering women $600 to be photographed, and Radack, who had posed nude for art classes before, says she needed the money to help her mother out of a legal jam.

Radack started work at the Department of Justice (DOJ) that fall, as part of the prestigious Attorney General's Honors Program. She had wanted to work at the DOJ since she was very young, and a next-door neighbor had been a prosecutor there. "I idealized that; he was always working for the *right* side and doing the right job," she recalls. The notion of justice resonated powerfully with her, in part, she says, because she "felt like there was a lot of injustice that I saw at a very early age, and a lot of things that I was exposed to, that made me want to go into a profession where I could help other people, create some kind of fairness." Radack loved her job. She even met her husband in an elevator at the DOJ. He was on his way to see his sister, who was Radack's boss at the time. Dressed in full-body spandex for a long-distance bike ride, "he was like my Diet Coke fantasy," Radack says, laughing. They married and in 1998 had their first child, at which point her punishing schedule became overwhelming. She moved from trial work to the DOJ's Professional Responsibility Advisory Office, the division that advises department attorneys on legal ethics.

Radack was the duty officer on a Friday in early December 2001 when she got the call about John Walker Lindh. A 20-year-old American citizen who would soon become known as the American Taliban, Lindh had been captured in Afghanistan, along with other Taliban fighters. He had repeatedly asked for an attorney, and his family had hired one, but the FBI—which is a division of the DOJ—wanted to know if it could interrogate him without a lawyer present. After checking with her superiors, Radack advised against



RADACK USED an assumed name during a 2013 visit with Edward Snowden in Moscow. From left: FBI and NSA whistle-blowers Coleen Rowley and Thomas Drake, Radack, Snowden, WikiLeaks editor Sarah Harrison and CIA analyst-turned-activist Ray McGovern.



TO HELP ease their isolation, Radack often introduces her whistle-blower clients and friends to one another. Clockwise from top left: Former CIA operative John Kiriakou; WikiLeaks founder Julian Assange; former NSA cryptanalyst William Binney; and Daniel Ellsberg, who was prosecuted in 1971 for leaking the Pentagon Papers.

it. When she found out that Lindh was interrogated on his own anyway—and, as would later emerge, held under extreme duress, kept in a cold shipping container, sleep deprived, stripped naked, tied to a stretcher, bound and blindfolded—she recommended that Lindh's confession be sealed and used only for national-security purposes, not to prosecute him.

"I wasn't naive that the government could not screw up," she says. "I mean, Waco was a huge screwup; Ruby Ridge was pretty big. But I felt overall the Justice Department did not screw up intentionally, and they were usually trying to do the right thing." But Radack was stunned when, several weeks later, in announcing that the Justice Department had filed criminal charges against Lindh, the U.S. attorney general, John Ashcroft, told the press that Lindh had in effect waived his right to counsel when he was interrogated. Radack says her boss told her to drop the issue, but she continued to raise questions about Lindh's interrogation. In early February 2002, she was handed an unscheduled and scorching job review—only months after getting a performance bonus—and told that if she didn't find another job, that review would go into her file. The following day, Ashcroft announced that Lindh had been indicted on 10 counts, including providing support to a terrorist organization and conspiring to kill U.S. nationals abroad, which carried multiple life sentences. There was the possibility that more charges, carrying the death penalty, could be added. Asked again by reporters whether Lindh had been properly interrogated, Ashcroft replied that Lindh's rights had been "carefully, scrupulously honored." Radack was even more troubled when she discovered a few weeks later that most of her emails about the interrogation had been removed from the official files.

Convinced that senior Justice Department officials were trying to suppress evidence, Radack resigned in March and went to work at a private Washington law firm. Then the sleepless nights began.

THREE MONTHS into her new job, Radack couldn't get Lindh's case out of her mind. What if he was convicted and sentenced to death? One day she heard a *Newsweek* reporter on NPR insisting the government had not known that Lindh had a lawyer when he was questioned. Radack snapped. She picked up the phone, called the reporter, Michael Isikoff, and told him, "That's wrong; they knew." He asked for proof. She got her copies of the emails about Lindh—which she says DOJ technical support had helped her retrieve from the deleted files in the department's servers before she resigned—then went to Kinko's and faxed them to him. The ensuing *Newsweek* article, titled "The Lindh Case E-Mails," caused a sensation. Some believe it was part of the reason the Justice Department soon dropped the most serious of its charges against Lindh, who pleaded guilty to two lesser charges, providing services to the Taliban and carrying explosives in the commission of a felony. He is now serving a 20-year prison sentence.

At the time, many thought Lindh was a dangerous traitor; others believed he was a confused, politically naive young man who had converted to Islam in an effort to find himself. In any case, he had hooked up with the Taliban before 9/11, when it was not an enemy of the U.S. For Radack, none of that matters. What she did wasn't about defending John Walker Lindh. "It was about *justice*, doing justice, trying to do the right thing," she says. "It was the *Justice* Department, for heaven's sake, and I was an *ethics* attorney. It was my job to see that we did things properly, that we didn't take shortcuts with the law."

Radack slept soundly for the first time in months. "I felt relieved, that I'd done what I could to fix this," she recalls. But the nightmare was to come. Radack was never

PHOTOS, CLOCKWISE FROM TOP LEFT: AP PHOTO/CLIFF OWEN, GIAN PAUL LOZZA/SUNSHINE PRESS/13 PHOTO/REDUX, ADAM BERRY/GETTY IMAGES, CHRIS FELVER/GETTY IMAGES

charged with a crime, but the DOJ subjected her to an investigation. After agents called her employer and said she was under criminal investigation, she lost her job. Senior Justice Department officials referred to her in the media as a turncoat. The agency, she says, had a log of her phone calls and faxes to Isikoff, although she "was never subpoenaed or presented with a search warrant." Her legal bills topped $30,000; she faced disbarment. People at her synagogue whispered behind her back, to the point where she went to her rabbi about it. She was turned down for jobs, even at the American Civil Liberties Union. It was as if she had fallen through the looking glass: "*Really*? My government sees me as a turncoat? But I'm so patriotic! Look, it's July 4, and I have my kids dressed in red, white and blue."

Even now one can sense how painful it was for her to be cast out, how humiliating and shocking. The order of Radack's carefully constructed world had crumbled. She had worked so hard to do the right thing—and suddenly the right thing seemed to put her in the wrong. After years of success, it had brought her failure.

IT WAS AS IF SHE HAD FALLEN THROUGH THE LOOKING GLASS: "*REALLY*? MY GOVERNMENT SEES ME AS A TURNCOAT? BUT I'M SO PATRIOTIC!"

RADACK could not have survived, she says, without her family. Her children, especially, kept her grounded. One of the "most horrible" things that happened, she says, was a miscarriage that she attributes to the tremendous stress. But she was soon pregnant again, and her daughter, Tenlea, was born in 2003. "I would just strap her on my chest and write. I'd keep her in the BabyBjörn," she says. Despite being jobless, she says, this was "one of the most productive, fruitful times of my life." As always, she turned to work to assuage her anxiety. She wrote law articles, and columns about such topics as torture and the right to counsel, and she started writing for the liberal political blog Daily Kos.

Radack's ordeal would eventually be recounted in Jane Mayer's acclaimed 2008 book, *The Dark Side: The Inside Story of How the War on Terror Turned into a War on American Ideals*. The book, which exposed the Bush administration's secret torture program, was "tremendously validating," says Radack. "It was the moment: 'I am on the national stage.'" Her life had begun to turn around. In 2008, after a short stint with Representative Alan Grayson's law firm, Radack went to work for the GAP, where she was hired to run the group's new national-security and human rights division.

Radack, who in 2012 self-published a memoir, *Traitor: The Whistleblower and the "American Taliban,"* has kept up a frantic pace in the past few months. There was a six-hour round-trip drive to western Pennsylvania to visit her client John Kiriakou, who until this February was at the federal prison in Loretto. She was in Chicago for a week as a visiting lecturer at Benedictine University. There were trips to New York, to attend the premiere of *Citizenfour*, the award-winning documentary about Edward Snowden, and to meet with one of her clients, who is referred to as "8" on his client binder but whose name she will not reveal. For that visit, she registered at a hotel under an assumed name and paid cash. Dressed in blue jeans and an old sweatshirt, she met her client somewhere in Central Park. She needed to give him documents, which she does not feel comfortable sending via email or regular mail. The sensitivity of her clients' situation is the reason she has two computers, a desktop that has access to the Internet and a laptop that is "air gapped," meaning it has never been connected to the Internet and is free of any surveillance software that could be picked up online. She uses encrypted email. Wi-Fi isn't used at the GAP's offices; that offers an extra layer of protection against hackers. She never uses her landline for important client calls, preferring a series of "burners"—phones she buys and throws away. In an office where the preamble to the Constitution and the scales of justice are displayed on a windowsill, all this seems paranoid—"cloak-and-daggerish," she says with a laugh—but Radack has learned a lot from her clients.

Radack's first high-profile client at the GAP was Maria Garzino, an engineer with the Army Corps of Engineers who in 2006 revealed information about faulty pumps that were installed in New Orleans after Hurricane Katrina. But the client who led her into the heart of national-security whistle-blowing was Thomas Drake. A top NSA official, Drake had leaked information to the *Baltimore Sun* in 2006 about financial waste and mismanagement in the agency's secret mass-surveillance program. In 2010, when Radack first met him, Drake had been indicted on 10 counts, including five under the Espionage Act, extremely serious charges that carried a sentence of up to 35 years. Although the Obama administration has since charged seven more people under the 1917 statute—more than any other administration in U.S. history—the case against Drake marked only the second time espionage charges had been brought against an American citizen for leaking information to the press since 1971, when Daniel Ellsberg was prosecuted for disclosing the Pentagon Papers to newspapers.

When the news about Drake broke, Radack jumped to his defense. In an op-ed piece for the *Los Angeles Times*, she argued that—far from being a traitor, as the government and the press had labeled him—Drake was in fact a whistle-blower. The term has a specific meaning that is recognized and protected by federal law. Under the Whistleblower Protection Act (WPA), government employees qualify as whistle-blowers if they reveal what they reasonably believe is evidence of waste, fraud, abuse, illegality or a danger to the public health and safety. "You cannot just be a disgruntled employee," Radack says. Nor does the law protect employees who simply disagree with government policy. And it requires

SHE COMMUNICATED WITH SNOWDEN BY ENCRYPTED CHAT, SOMETIMES FOR HOURS. RADACK WORRIED THAT HE WOULD GET LONELY.

them to follow a certain procedure with their complaints, which Drake had done, before going to the press. But the WPA does not cover national-security whistle-blowers, like Drake, who have virtually no legal protection.

When Drake read Radack's editorial, he was overcome. "She was the *only one*," he says, who stood up for him. His home had been raided by the FBI; he'd been branded a traitor; his marriage was on the rocks; he'd gutted his retirement fund to pay for lawyers. He had lost his security clearance. The only job he could find was at an Apple Store. Radack helped with his legal work, pro bono. She conferred with his public defenders—she's not a criminal lawyer—and wrote an amicus brief to the court on his behalf. She was "the *only one*," he says again, in a voice that still catches with emotion, even now, almost four years after the government dropped all but one of its charges against him. But if some of her work for clients is strictly lawyerly, much of her job takes her beyond that.

Perhaps the most important thing Radack offers is her understanding and empathy. "It is such a lonely road as a whistle-blower," Drake explains. "She knew what that was like—being essentially rendered out of society. You are isolated. There is this whole fragmentation of your social being. Who do you trust becomes major, major, just *major*."

Part of her job is to be supportive, Radack says, and perhaps because of her own childhood struggles, she can be a very good listener. "It's not unusual that a whistle-blower would be suicidal or very depressed, or very anxious, suffering suicidal ideation," she says. "What's important in my job is to know where to draw the line, because I am not a licensed therapist. And I've had to tell clients, 'If you call me and tell me that you are standing on the Metro tracks'—and this has happened—'I am going to call the police.'"

But she has also learned, she says, that some of her clients have been through mind-bending experiences. She remembers being taken aback when William Binney came to see her. A 32-year veteran of the NSA who had been its global technical director, he was one of the world's top cryptanalysts. Binney was furious when, shortly after 9/11, the NSA bypassed the filters on the giant surveillance program he had helped design so that instead of focusing only on foreign intelligence targets, it began to monitor the email and phone communications of the American public. He retired immediately from the NSA, then complained to Congress and to the Department of Defense about what he believed was a serious constitutional violation. After he came under suspicion, wrongly, for leaking information to the *New York Times*, armed FBI agents raided his home, pointing guns at him as he was coming out of the shower.

Binney recalls a warning he gave to Radack when they met. "The first thing I said to Jess was, 'You have to understand that I will never commit suicide, so if anything happens, you know it's not suicide.'" Radack remembers thinking, Wow, these NSA guys are pretty intense.

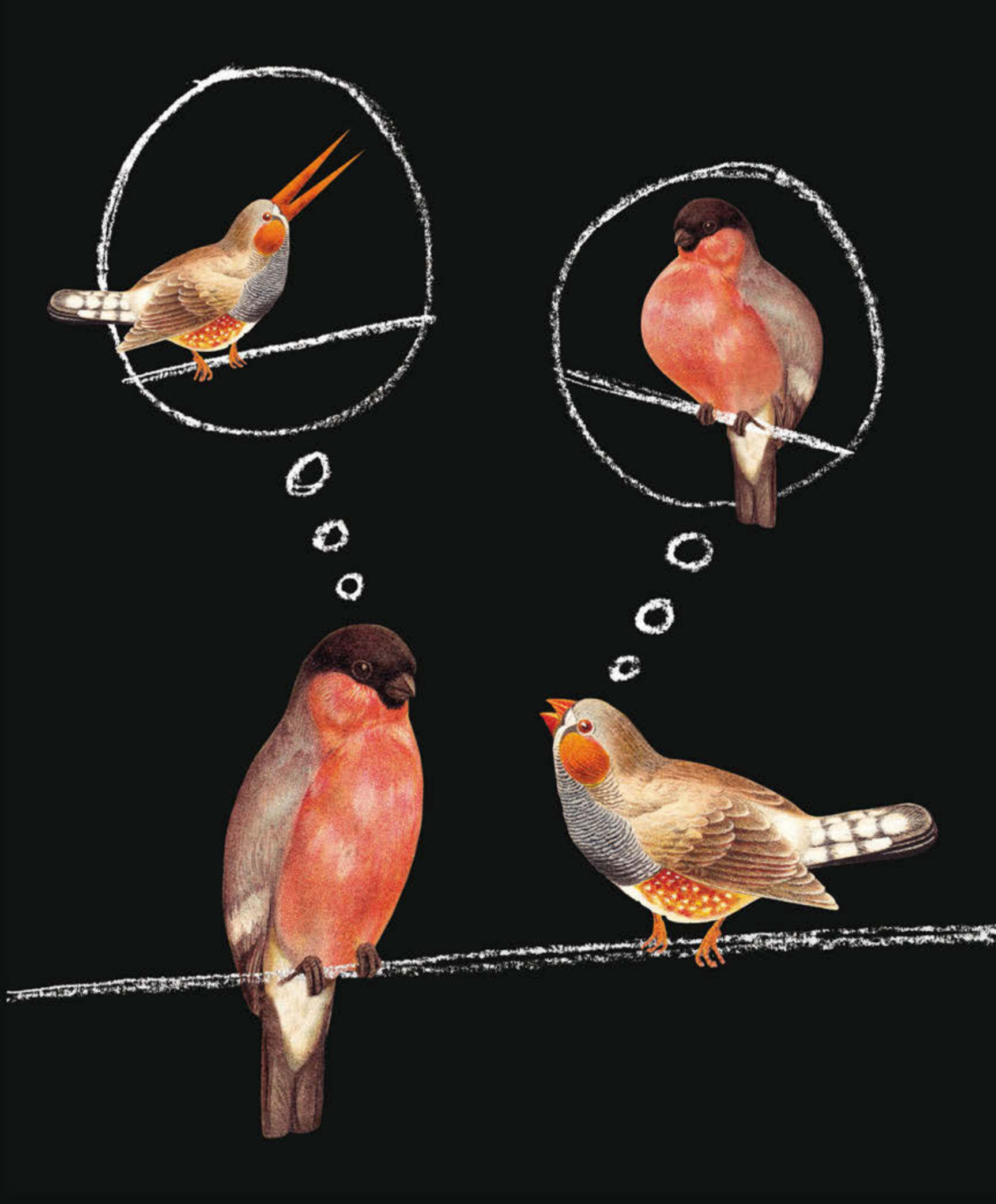
Like most whistle-blowers, the majority of Radack's clients do not imagine how severe the repercussions will be. Edward Snowden was an exception. "He had an *extraordinary* awareness of the consequences of his act and was always one or two steps ahead of his pursuers," says C. Fred Alford, a University of Maryland professor of political philosophy who has studied the experiences of whistle-blowers.

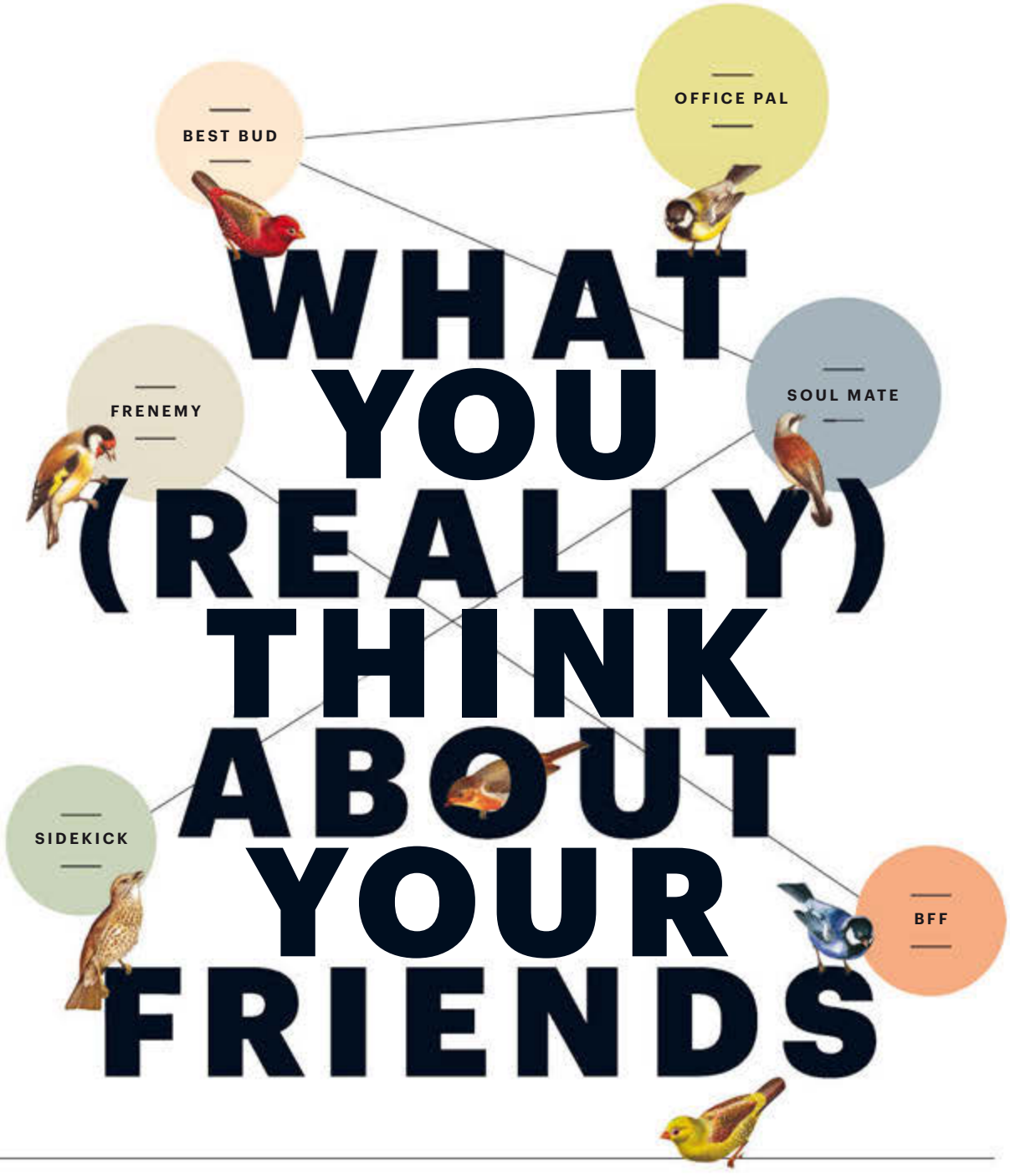
Much of Radack's early work for Snowden was strictly legal analysis; she has become an expert in the Espionage Act, so she provided advice on that and on asylum issues. In September 2013, she spoke before the European Parliament Committee on Civil Liberties and read a statement from Snowden, one of his first public messages after arriving in Moscow. They would communicate by encrypted chat, sometimes for hours. Radack, who became very fond of Snowden, worried that he would get lonely. "But he was fine," she says. "He said that as long as he had his computer, everything would be OK." Radack did not meet Snowden in person until October 2013, when she visited him in Moscow with Thomas Drake and two others, CIA analyst-turned-activist Ray McGovern and Coleen Rowley, the FBI whistle-blower. It was the first of two visits, and it was planned in secrecy, to avoid possible interference by U.S. government agencies. In Moscow, Russian security officers drove them to see Snowden in a van with blacked-out windows; Radack says she still doesn't know where they met him for dinner. But she says she was surprised at how "really warm he is. He is very funny, with a very wry sense of humor, and very calm."

AFTER NEWS of the visit broke and a photo from the dinner went viral, Radack was deluged with television requests, and during those interviews it was apparent just how powerful an advocate she can be. Ardent and ferocious, she does not accept any criticism of her clients or, for that matter, whistle-blowers in general, as evidenced recently when she spoke out on behalf of Jeffrey Sterling, the CIA officer who was convicted in January of leaking information to James Risen of the *New York Times*. In Snowden's case, any attempts to discuss his personality hit a stone wall. The questioner was trying to attack the messenger, she argued, instead of focusing on the serious information he had disclosed.

Like Binney and Drake, whistle-blowers are often senior level in an organization, and like Radack at the DOJ, not against the system but part of it. "They tend to be people with a conservative lifestyle," says Alford, who is also the author of the 2001 book *Whistleblowers: Broken Lives and Organizational Power*. He describes them as those "with the most to lose, middle-aged, kids in college, people who *believed* in the system or that they could make it work." Most of the time they are extremely CONTINUED ON PAGE 127







WHAT YOU (REALLY) THINK ABOUT YOUR FRIENDS

WE ASKED. MORE THAN 1,000 OF YOU ANSWERED. HERE'S WHAT YOU SAID ABOUT HOW YOU GET, KEEP, TREASURE, RECONNECT WITH—AND SOMETIMES DROP—FRIENDS

ILLUSTRATED BY KELLY BLAIR

YOUR STATE OF FRIENDSHIP

WE KNOW *MORE* READERS LOVE talking about friends, but even we were stunned at your lightning-fast response to our online survey. You came through and you came clean, about everything from what you value in friends to why you sometimes dump them. Perhaps juiciest of all: your ranking of which famous women you'd most love to be friends with and which ones you'd cut dead. Read on . . .

3 OR 4

THE NUMBER
of very close friends—people with whom you can share anything—reported by women who are satisfied or very satisfied with their friendships.

HON·ES·TY

/änəstē/

noun

1

THE QUALITY OF BEING FAIR AND TRUTHFUL

2

THE QUALITY MOST OF YOU—64%—DESIRE IN A FRIEND

TRANSLATION: "Honesty between friends often takes the form of sincerity, being yourself and not putting on airs. When two women can be authentic with each other, there's an incredible sense of comfort and understanding. Honesty also means not being deceptive or keeping big secrets, which can rankle the bonds of friendship. Being honest does not entail telling a friend everything on your mind or pointing out her every foible. Honesty needs to be practiced judiciously." *—New York University friendship expert Irene Levine, PhD*

It's (almost) all good

80% **VERY OR EXTREMELY SATISFIED**

THE QUALITY AND QUANTITY OF YOUR FRIENDSHIPS

SOMEWHAT OR VERY DISSATISFIED **20%**

* * *

"I HAVE ALWAYS had a lot of friends because I'm a good conversationalist as well as a great listener. I actively keep friendships alive, both locally and long distance."

* * *

"I MOVED. It's hard to make friends."

YES, VIRGINIA, IT *IS* HARDER TO MAKE NEW FRIENDS

"IT FEELS LIKE DATING . . . didn't it used to be easier?" laments one reader.

46%

of you say it's **more difficult** to make friends now than when you were younger.

* * *

Among women 35 to 39, that figure soars to

64%

"**WHEN** you're in college and high school, you're with your peers all the time, doing the same things, and it's very easy to make friends," says Irene Levine, PhD, professor of psychiatry at NYU Langone School of Medicine. But a few years later, many women take on job and parenting responsibilities. "When you have little spare time, it's hard to make friends," Levine says. "Every life transition wreaks havoc on friendships." Once you graduate from school, become an empty nester or retire from a job, you leave a social circle behind—and starting new relationships isn't always easy when you are no longer surrounded by people in similar circumstances. Still, 22 percent of you feel that it has been easier to make friends as you've grown older. Says a reader: "I auditioned for a play. Theater was a great joy in my younger days, and I knew I'd find kindred spirits there."

"I've always been a **GREAT FRIEND TO OTHER WOMEN**, but in my forties, I went through a divorce and learned how to let women be **GREAT FRIENDS TO ME**."

SOUL-MATE
CYCLING

THE GOOD NEWS

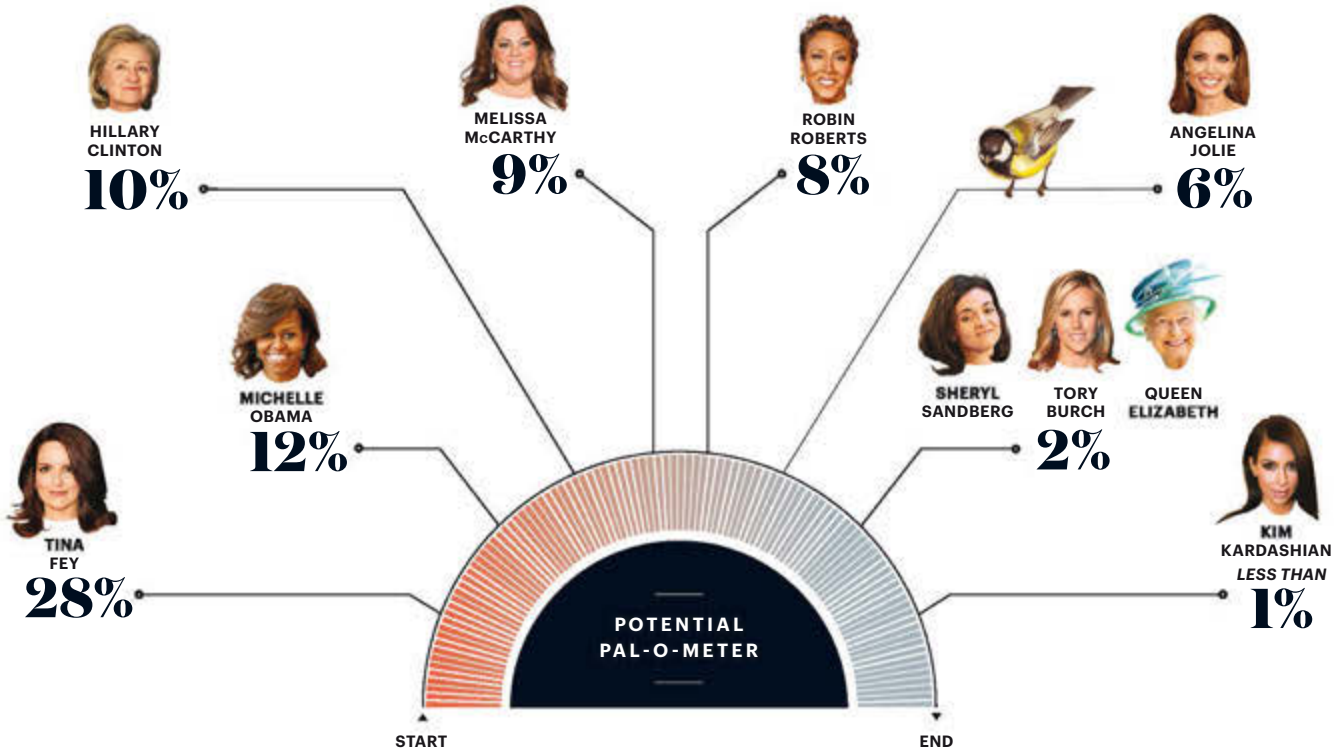
82% of readers **made** at least one new friend in the past two years.

THE BAD NEWS

73% of you **lost** at least one friend in the past two years.

Fantasy friendships

Which woman from our list of celebs you would **MOST WANT** to become buds with?



MEET THE CROWD FAVORITES

EIGHT-TIME EMMY WINNER (and *Mean Girls* screenwriter) Tina Fey garners the top spot. "Just being around her would make you feel smarter," says Debra Birnbaum, *Variety*'s executive editor of TV. Michelle Obama comes in second, but for women who have zero close friends, Mrs. O and Melissa McCarthy tie for first. Barack Obama once termed Hillary Clinton "likable enough," but many of you have warmer feelings: She was the third choice for potential friend. How are Michelle's supporters different from Hillary's? Michelle's are more often black, more likely to make friends at the gym (Hillary's supporters opt for church and similar settings) and more interested in friends who are fun (the Hillary contingent prefers good listeners).

AND THE LOSERS ARE...

WE ALSO ASKED YOU to pick which celebs you'd *least* want to befriend. Young or old, black or white, Southern or Northern, most of you (two thirds) don't want to keep up with Kim Kardashian. Michelle Obama has her own small share (10 percent) of detractors; maybe these are *More* readers who don't like eating vegetables. Meanwhile, Queen Elizabeth gets the royal brush-off: 7 percent of you don't fancy sharing tea, crumpets and confidences with her. Weirdest write-ins: Joyce Carol Oates and Alice Walker, named by the same person (who obviously got an A in American lit). A few readers objected to the premise of the question. "Why would I judge? I don't know any of them," wrote one. Another opined, "*Shallooooow!*" »

BIRD IMAGES BY HEIN NOUWENS/SHUTTERSTOCK
PHOTOS, CLOCKWISE FROM BOTTOM LEFT: JON KOPALOFF/FILMMAGIC, PAUL ZIMMERMAN/WIREIMAGE, CHIP SOMODEVILLA/GETTY IMAGES, IMEH AKPANUDOSEN/GETTY IMAGES, IDA MAE ASTUTE/ABC VIA GETTY IMAGES, FRAZER HARRISON/GETTY IMAGES, LARRY BUSACCA/GETTY IMAGES FOR AWXI, THEO WARGO/GETTY IMAGES, CHRIS JACKSON—WPA POOL/GETTY IMAGES, RINDOFF/DUFOUR/GETTY IMAGES

IT'S NOT ME
IT'S YOU

ALONG WITH increased age comes greater self-acceptance, which in turn raises the bar on the kinds of people you spend time with.

65%

of respondents say they have become **more selective** about friends as they've gotten older.

* * *

Among women 35 to 44, the percentage jumps to

79%

ODDS ARE you don't maintain the rambunctious social life you may have had in your twenties. But as you grow older, quality more than makes up for quantity. "Now that I am more mature and grounded, I gravitate to individuals who are more grounded and secure," writes one woman. Many of you—a whopping 81 percent—have intentionally ended at least one adult friendship. "I now leave negative relationships without guilt," a reader notes. Among those who ended a friendship, the chief reasons were that they lost respect for their friend, or their friend was too self-centered, or was too needy. "I have less tolerance for dysfunctionality," reports an enlightened reader. Shades of *Dallas*: Two women volunteered that their close friends had had affairs with their spouses!

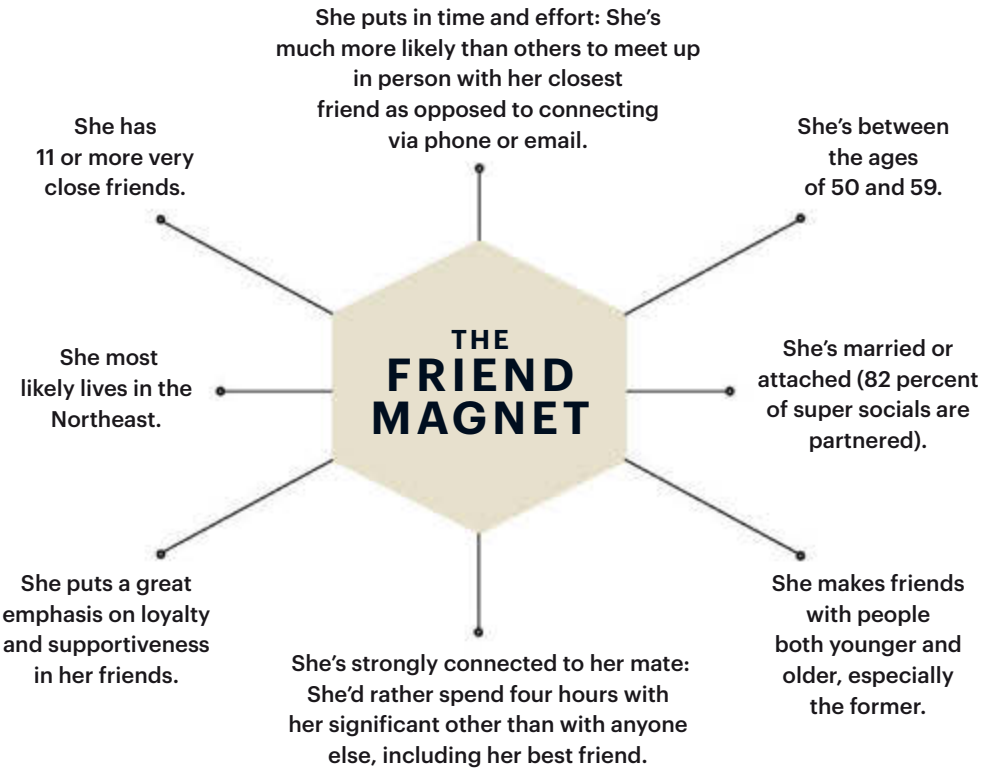
"It's really hard to find the time for that **DEEP INTIMACY** that characterized my friendships 10 or 15 years ago. It's still there with some, but kind of on **CRUISE CONTROL**."

THE RECONNECTION REVOLUTION

MANY OF YOU have succeeded in meeting new people by volunteering, joining houses of worship and other organizations and working out at fitness centers. But one of the biggest surprises in our survey was the high number of women (42 percent) who expanded their social network by rekindling dormant relationships. "The saying 'There is no friend like an old friend' rings so true to me," writes one reader. "I met up with people about 10 years ago at our high school reunion, and we have remained close since. There is such a feeling of affection with those that I went from kindergarten to high school graduation with."

Many adults use social media and sites such as LinkedIn to find and then reconnect with friends, neighbors and work colleagues from their past, a phenomenon that has been studied by Kelly Quinn, PhD, clinical assistant professor of communications at the University of Illinois at Chicago. Social media makes locating people much easier today than it was 10 years ago, Quinn notes, adding that a shared history allows relationships to redevelop quickly. While some of these reconnections may blossom into close friendships, not all do. "The newer technologies often support weaker, less intimate relationships," Quinn says.

YOU PROBABLY KNOW someone like this. When the two of you walk down the street, she's constantly greeted by acquaintances; her cell phone never stops buzzing; and her dance card is always full. What makes her different from most people? Here's the profile that emerged in our survey.





DOES MARRIAGE CHANGE FRIENDSHIPS?

WOMEN WHO are married or in a relationship have about the same number of friends as unattached women and report feeling equally satisfied with them, according to *More*'s survey. If you're thinking, Well, duh, consider this: Some research suggests that married baby boomer women place a higher priority on their friends than women in their mothers' generation did, notes Rebecca Adams, PhD, a sociology professor at the University of North Carolina at Greensboro. Still, attached women in our survey are less emotionally dependent on their friends than single women are. The two groups also seek different qualities in friends, with the unattached more likely to value loyalty and supportiveness and the attached ones placing a higher premium on fun. Unattached women often bemoan living in a paired-off world. "It seems like everyone I meet now is coupled, while I am single," writes one reader. But partners can bring complications, too. "My spouse is not interested in socializing and is not open to me being too involved with outside interests," another says.

"I spent my forties as a soccer mom. **WHEN MY KIDS WENT TO COLLEGE**, I was shocked that I had nothing in common with the people I had spent seven years with."



"In social media, there's a shift to **QUANTITY** of friends over **QUALITY**. I call it volume friendship."

Staying connected

THE YOUNGER YOU ARE, the more remotely you maintain contact with your closest friend.

MEET UP IN PERSON

* * *

15% of women 35 to 39 vs. **20%** of women 45 to 49

TALK ON THE PHONE

* * *

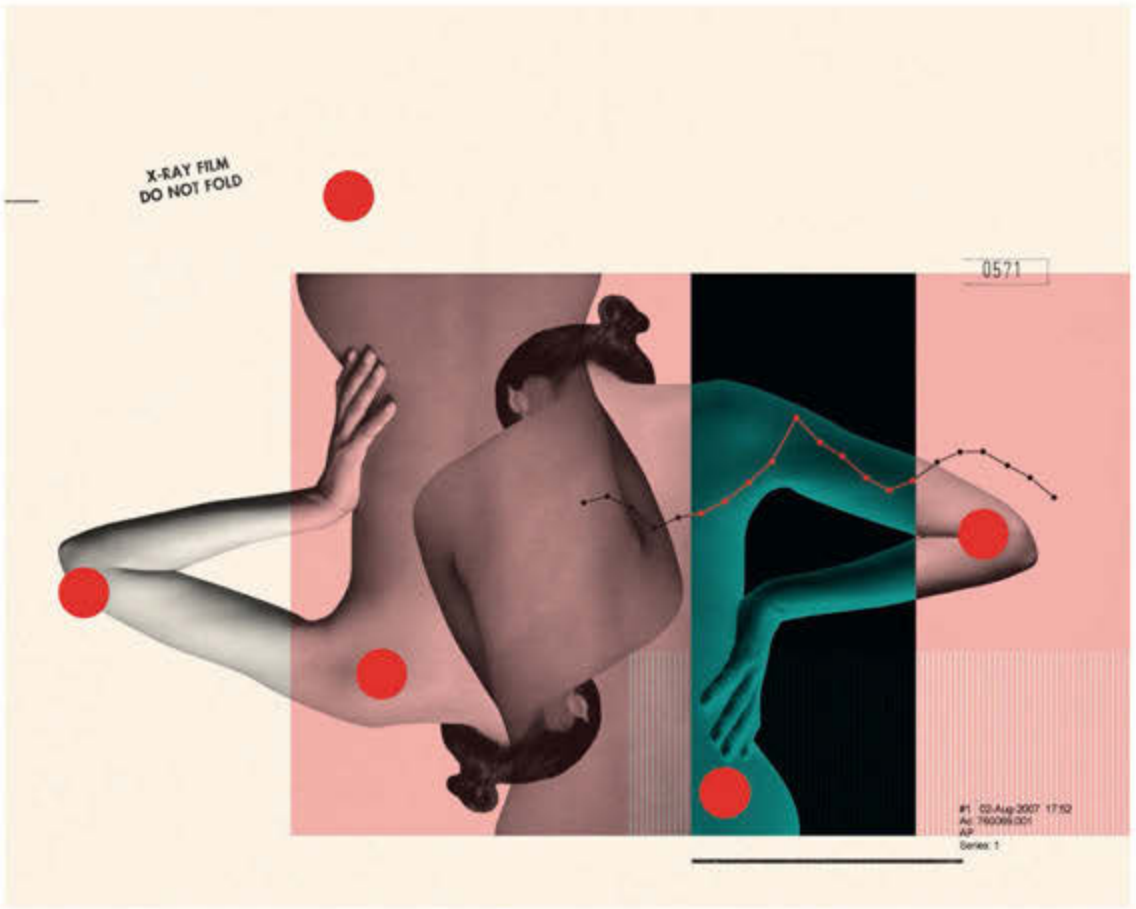
21% of women 35 to 39 vs. **38%** of women 45 to 49

TEXT EACH OTHER

* * *

52% of women 35 to 39 vs. **25%** of women 45 to 49





When the pain just won't stop

Women are much more likely than men to suffer from chronic pain. But new brain research is helping to find its causes—and possible solutions **BY NISSA SIMON**

WHEN YOU STUB a toe or cut a finger, you yell "Ouch!," deal with the injury and get on with your life. Pain warns you to stop what you're doing, then usually fades away. But sometimes pain—from an injury, a headache or an infection—doesn't disappear quickly. An estimated one in five Americans suffers from chronic pain, defined as discomfort that lasts at least three months and at most a lifetime. Aching lower backs are the biggest source of chronic pain in the U.S., but many other kinds are common, including recurring migraines, fibromyalgia (muscle aches), irritable bowel syndrome (bloating in the gut), interstitial cystitis (bladder pressure) and osteoarthritis (especially painful in the knees). Surgery is a surprisingly frequent cause of chronic pain. Almost a third of women who undergo hysterectomies and mastectomies experience persistent pain more than a year after their operations. And in one study, 12 percent of men and women who had received total hip replacements were in near-constant pain 12 to 18 months later.

"Pain is a bigger problem in women than men," says Stanford University pain psychologist Beth Darnall, PhD. "Women have more frequent episodes of pain, they experience greater pain intensity, their pain episodes last longer, and they are more likely to develop chronic pain." Compared with men, they are more susceptible to conditions that can lead to chronic pain. For example, women are seven times as likely as men to develop fibromyalgia; for irritable bowel syndrome, women's odds are up to three times as great.

Why the gender differences? Estrogen and progesterone, the primary female sex hormones, play a big role in pain processing and also put women at risk for chronic pain. Before puberty, more boys than girls develop migraines; after puberty, migraines become

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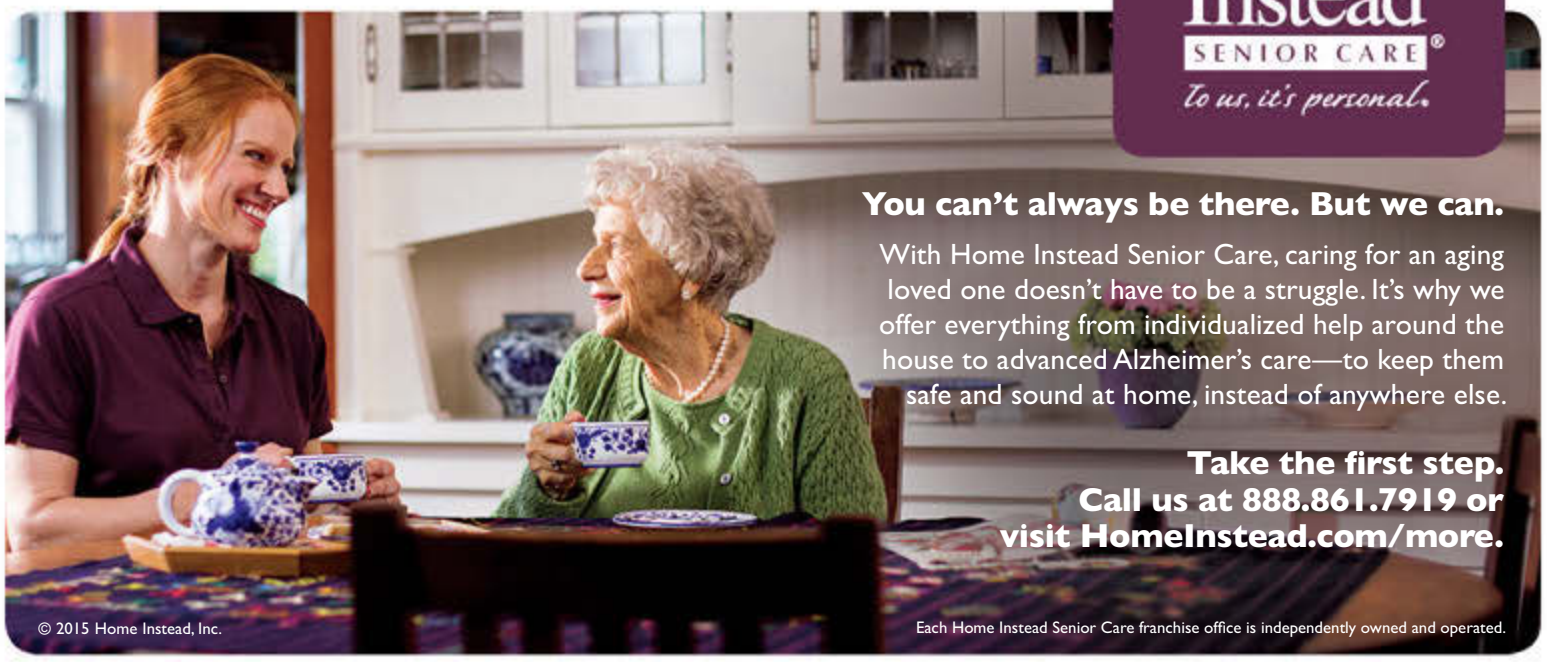
ILLUSTRATED BY *Cristiana Couceiro*



the forgotten kettle

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more prevalent among females. What's more, "at menopause, women may experience more pain or exacerbations in pain, or they may acquire chronic pain conditions for the first time," Darnall notes.

Many experts believe that when pain becomes persistent, it becomes a disease in its own right. This means the condition no longer stems from a precipitating factor but instead has become self-perpetuating, explains Sean Mackey, MD, PhD, chief of the division of pain medicine at Stanford University School of Medicine.

Armed with advanced imaging technologies, researchers around the globe have been deciphering the anatomy of chronic pain and are improving their ability to prevent an episode of pain from turning into years of suffering. Moreover, cognitive behavioral therapy (CBT) has been shown to help thwart chronic pain. "There is a lot to be optimistic about," concludes Harvard Medical School professor David Borsook, MD, PhD, codirector of the Center for Pain and the Brain in the Boston area. Here's how the new findings on chronic pain can help you.



LOOKING INSIDE THE BRAIN

IN THE PAST DECADE, there's been a sea change in the way scientists look at chronic pain, a shift that promises big improvements in preventing and managing the condition. "Over the last 100 years, the focus has been on outside phenomena—how the pain is triggered. What's new is a focus on how people filter and process the sensation," says Hance Clarke, MD, PhD, medical director of the Pain Research Unit at Toronto General Hospital. In other words, researchers have shifted their attention from the periphery of the body—what happens to the nerve endings on your finger after you touch a hot stove—to what goes on in the brain after you've been hurt.

Pain is generally triggered when specialized nerve endings called nociceptors are stimulated and their messages are relayed to the brain via the spinal cord. There is no one specific pain center in the brain. Instead, these sensations are processed in various areas relating to emotions, thinking, memory and other functions. "Normally, there are pathways that go down the spinal cord that make pain stop after an injury," explains Emeran Mayer, MD, director of the Oppenheimer Center for Neurobiology of Stress at UCLA. But in chronic pain, the circuits change—a process that's just now being revealed through brain imaging. "The balance in the brain shifts from ending the pain state to maintaining it," Mayer adds.

"The original source of pain may have healed, but the pain takes on a life of its own," says Steven Richeimer, MD, chief of the division of pain medicine at the University of Southern California and coauthor of the just-published *Confronting Chronic Pain*. This process is called the centralization of pain—the nervous system, in effect, becomes command central—and this centralization is believed to be at least a component of most chronic pain cases. Centralization, Richeimer notes, tends to play a big role in neuropathic pain conditions, which initially are caused by an injury or malfunctioning of the nervous system. Examples include carpal tunnel syndrome, postmastectomy pain (following surgery that damages nerves) and complex regional pain syndrome (continuing after an injury, usually to a limb, has healed).

Imaging studies have shown that the brains of people with chronic pain look different from those of nonsufferers. In a seminal 2004 report in the *Journal of Neuroscience*, Northwestern University physiology professor Apkar Vania Apkarian, PhD, and his colleagues demonstrated that people with chronic back pain (those hurting for at least a year) have less gray matter in their brains than nonsufferers do. Gray matter is responsible for such functions as emotion, language, thought and memory; it's often called the thinking part of the brain. The study also found that the longer a subject was in pain, the greater the loss of matter. Apkarian and his team estimated that chronic back pain shrinks the brain by as much as 5 to 11 percent each year, equivalent to what a person not in pain would lose in 10 to 20 years simply through normal aging. In short, chronic pain may make your brain age much more quickly than usual.

Since 2004, various researchers have found instances of altered brain structures in people with fibromyalgia, osteoarthritis, irritable bowel syndrome, chronic pain in

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OUR UNDERWEAR MAKES BLADDER LEAKS FEEL LIKE NO BIG DEAL.

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FINDINGS

the outside of female genitals (the vulva), severe menstrual pain and frequent headaches. Migraine sufferers show distinct changes in gray matter, and even between episodes, their brains are more reactive to pain, light and smell than are those of nonsufferers. "Migraines are now considered a brain disease and not simply a recurrent acute pain syndrome," notes Harvard's Borsook.

Will relieving chronic pain reverse the brain changes it causes? A few studies have suggested that when the pain is eliminated, gray matter may return, though it is not clear if the situation can be totally rectified. "We don't know if gray matter can be completely restored because it takes many years for the brain to reorganize itself," Apkarian says.

WHO'S AT RISK?

WHY DOES one woman with a back sprain recover within a few days while another is still suffering months or years later? Brain imaging is providing clues. In a dramatic study, Apkarian and his team isolated structural differences in the white matter of the brain—the circuitry that transmits messages to different parts of the organ—that corresponded to which back patients recovered and which ones didn't. Images taken at the beginning of the research showed that "a specific irregularity" appeared in the white matter of up to 85 percent of patients who were in pain a year after a lower back injury; that marker did not appear in those who recovered. "Deformities in white matter are part of what determines the risk of becoming a chronic-pain patient," Apkarian asserts. This data may allow physicians to tailor medical treatments to individuals. "Now scientists may be able to identify which patients need treatment and which ones will recover even if they don't receive it," Apkarian says.

These advanced brain-imaging tests are not yet available to patients. But Inna Belfer, MD, PhD, director of the Molecular Epidemiology of Pain Program at the University of Pittsburgh Medical School, suggests you may be able to deduce your risk of developing chronic pain by considering how sensitive you are to discomfort and whether you have had many physically painful experiences in your past (both factors boost your risk). Why is this useful? Since surgery leads to persistent pain in a substantial number of patients, if you know you're at high risk, you may want to think twice before undergoing an elective operation, Belfer suggests.

TO AVOID DEVELOPING CHRONIC PAIN

ONE STRATEGY that is available now: cognitive behavioral therapy, a generally short-term psychotherapy that helps you reframe your perceptions from negative to more positive. Reframing is important for preventing chronic pain because there is a strong connection between emotions and the sensation of discomfort. "Pain experienced when you are feeling stressed, depressed or anxious is felt more strongly than when you are hopeful, upbeat or encouraged," Richeimer says. The reason: "Pain processing and emotional processing share real estate in the brain," explains Stanford's Darnall. "Using imaging, we can see that the regions of the brain that light up when people experience anxiety or depression are some of the same regions associated with pain processing."

> "You should see a progressive decline in pain over two weeks. If it's not going away, this could be the **beginning of a chronic pain state.** You should see a doctor. Some patients need to beat the clock."

For 30 years, research has pointed to one emotional tendency that has a huge impact on how you experience pain: catastrophizing. This way of reacting to actual or anticipated pain leads to "a cascade of distressing thoughts and emotions," Darnall says. "A person remains focused on his pain, magnifies it with his thoughts, is unable to think of anything but his pain and feels helpless about it." Compared with others, people who are catastrophizers are more likely to experience intense pain, develop chronic pain after surgery or an injury and have a reduced response to painkillers. A well-executed study reported that pain catastrophizing accounted for 47 percent of the difference between people who developed continuing back pain after an injury and people who didn't. One theory is that catastrophizing has a big effect because it heightens people's attention to pain, which has been shown to activate portions of the brain involved in pain processing.

Studies suggest that CBT can reduce or stop chronic pain or prevent it from starting in the first place. (Intriguingly, a few small studies suggest that brain changes caused by chronic pain may be reversed after treatment with CBT.) CBT, which trains people to relax and change their focus, usually requires in-person, once-a-week, one-hour sessions for a couple of weeks to a couple of months, although Darnall has developed a onetime program and some hospitals offer weekend workshops. Cognitive behavioral therapy practitioners are widely available, and there are several self-help books that cover the material, including Darnall's *Less Pain, Fewer Pills*. If you know you have a propensity to catastrophize—and apparently it's an easy trait to recognize in yourself (if not, any close friend can tell you)—you may benefit from a few CBT sessions following surgery or right after injuring yourself, suggests Clarke of Toronto General Hospital, which has a program to identify catastrophizing surgical patients before they are discharged.

STOPPING ACHES BEFORE THEY STICK

THE POTENTIAL for acute pain to turn chronic is a good argument for not toughing out a condition that makes you ache. "If you're hurting, CONTINUED ON PAGE 124



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DIG A *Little* DEEPER

The Buzz on Honey Bees

VOL.1 SUSTAINABILITY

Did you know honey bees help pollinate some of our most nutritious foods, such as fruits, nuts and the seeds of vegetables? Yet in recent years there's been growing concern that honey bee health is declining worldwide. Experts from bee keeper organizations, nonprofits, agricultural organizations, government agencies and others are working together to find solutions. Because without honey bees, farmers can't grow the food needed for a growing population.

What you can do to help keep honey bees buzzing and thriving

1 Since honey bees get their nourishment from nectar and pollen, you can help keep them well-fed by planting a diverse variety of flowers and plants in your own garden. Choose foliage that is native to your region, and – if possible – blooms all year.


Lavender


Thyme


Sunflowers


Marigolds


Goldenrod



2 Provide honey bees a clean, year-round source of water. It might be a rainwater collection system or small-scale garden water feature. Shallow water sources can provide enough hydration to give honey bees plenty to drink.

3 Support any sort of natural habitat conservation measures, such as land trusts and plantings on highway easements. They'll help keep the plants thriving – and honey bees buzzing!

Food for thought:



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of all pollination.

Look for more topics in future issues. Be part of the conversation at **Discover.Monsanto.com**

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WELL-BEING

WHAT'S UP, WHAT'S DOWN



THIS CATEGORY includes buttermilk, but the jump in sales is largely due to the popularity of kefir, a fermented dairy drink, says the research firm Euromonitor. Fermented foods, created by the introduction of microorganisms into milk and other products, are big right now because they provide digestion-soothing probiotics.

PASTEURIZED-MILK SALES continued their downward trend last year, according to the U.S. Department of Agriculture. In fact, per capita consumption has been dropping since the 1970s and is especially low among people born in the 1990s. The decline has been partly fueled by consumers' concerns over the fat, hormones and chemicals in milk.

WHEN SIZE DOES MATTER

THE BRITISH app Calorific, available on iOS platforms, displays pretty but delusion-shattering pictures of what 200 calories of almost any food really looks like (*Hello, two thirds of a doughnut. Oh, hi there, tiny chicken thigh*). Once you get over the initial shock, Calorific turns into a fun way for dieters to gauge appropriate portion sizes. There are even some happy surprises, such as a heaping plate of peaches, a nice slab of tuna and a perfectly respectable-looking slice of Stilton cheese. While some starter photos in Calorific are free, it costs $1.99 to unlock the entire trove.

50,000 **HOW MANY LIVES WERE SAVED** by a 17 percent drop in hospital-acquired infections, adverse drug reactions and other medical mishaps in hospitals from 2010 to 2013. Credit goes to better patient-safety training programs.

THE DOCTOR WILL SKYPE YOU NOW

DON'T want to wait a week to see your physician? For a fee of $40 to $50, telemedicine companies can connect you quickly to moonlighting doctors via email, text, phone or videoconferencing. These virtual visits are best for basic services, including obtaining prescriptions (for, say, birth control) and treatments for simple problems (such as sinusitis). The use of telemedicine is predicted to triple within the year. "It allows busy people to access top-quality care in a way that fits into their lives," says Adam Jackson, a cofounder of Doctor on Demand (doctorondemand.com).

GOOD MOVE

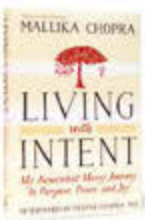
Getting upside down

INVERSION POSES invigorate your body and mind by, among other things, increasing blood flow to the brain. The ancient dolphin pose is an easy inversion that's also great for strengthening the shoulders, arms, legs and core.



DOLPHIN POSE > Start on all fours, knees directly beneath hips and wrists below shoulders. Bend elbows and bring forearms to floor, keeping them parallel to each other. Pressing hands and forearms into floor, inhale and curl toes under, and lift legs and torso so your body forms an inverted *V*. Knees can remain slightly bent or can straighten completely. Hold for at least 30 seconds.

Source: Christopher Harrison, founder of Anti-Gravity Aerial Yoga in New York



BOOK OF THE MONTH

>>>LIVING WITH INTENT *by Mallika Chopra* When she turned 40, Mallika Chopra had kids and a career—and was exhausted. In this memoir and self-help guide, Deepak's daughter consults many wise people (including her dad and Marianne Williamson) as she searches for "workable answers to feeling overwhelmed." What she learned: If you want a life that gives you energy rather than takes it away, stop setting goals and start determining what makes you happy.

WRITTEN BY SARA REISTAD-LONG

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CARNAL KNOWLEDGE



fig. A *fig. B* *fig. C*

Q: I haven't had sex since my divorce 12 years ago. Now I'm ready—but I've heard your vagina gets very tight if you go without intercourse for a long time. What should I do?

A: Premenopausal women generally do not have any difficulty with penetration even if it has been years since they've had sexual intercourse. After menopause, however, estrogen declines, and if the vagina is not stretched and stimulated, "it gets smaller and tighter," says Jan Shifren, MD, associate professor of obstetrics, gynecology and reproductive biology at Harvard Medical School. "This really is a 'use it or lose it' situation." One way to gauge your tightness: If you're not having any difficulty with manual pelvic exams, during which your doctor inserts a speculum and then two fingers into your vagina, penetration may not be an issue. But if that kind of exam causes discomfort, your doctor may recommend vaginal dilation therapy using aids of varying widths designed to help restore the size of the vaginal opening and increase blood flow to the area. Low-dose estrogen therapy and specialized pelvic physical therapy, when appropriate, also have high success rates. "Don't be afraid or embarrassed to talk to your health care provider," Shifren says.

Q: I'm thinking of having my pubic hair removed. Will this improve my sex life? Am I taking chances with my health?

A: Whether you went for a Brazilian (almost total hair removal), the "landing strip" (use your imagination) or something less drastic, you'd be participating in a trend that has become popular among women. The benefits of this waxing, however, are much less clear. "There is no scientific evidence that pubic hair removal makes sex better," says Sharon Parish, MD, president of the International Society for the Study of Women's Sexual Health. Still, many women report that they do find sex more pleasurable when they're bare there. "Several of my patients have said that pubic hair removal makes them feel cleaner, sexier and happier with their bodies. And when women feel good about themselves, their sexual response can become stronger," says Parish, a professor of medicine at Weill Cornell Medical College. One warning: Removing pubic hair can irritate your skin. In rare cases, microscopic tears in the epidermis, combined with the warm, moist environment of the bikini area, can lead to some nasty bacterial infections. Reduce the health risks by having a professional do the defuzzing for you.

Q: My husband frequently has wet dreams while he's sleeping. Does this mean he's dissatisfied with our sex life?

A: No. Nocturnal emissions happen to virtually every male and have nothing to do with being unhappy in a relationship or not having enough sex, says sleep and dream researcher Patrick McNamara, PhD, associate professor of neurology at Boston University School of Medicine. Most healthy men experience erections several times a night, primarily during the intense-dreaming REM stages. Why do nocturnal erections happen so often? One theory is that during REM sleep, the parts of the brain that inhibit arousal are turned off, while the brain areas associated with pleasure are turned on. Some of these erections result in ejaculation, and these nocturnal emissions usually occur when a male is having a "pleasant dream, though not necessarily an erotic one," says McNamara. There's speculation that emissions may be the body's way of getting rid of damaged sperm, McNamara adds.

—WRITTEN BY JOAN RAYMOND

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WHEN THE PAIN JUST WON'T STOP

CONTINUED FROM PAGE 116 you should see a progressive decline in pain over two weeks," Borsook says. "If it's not going away, this could be the beginning of a chronic disease state. You should see a doctor. Some patients really need to beat the clock."

To keep pain from becoming chronic, it's important that its cause be correctly diagnosed, says Margaret Caudill-Slosberg, MD, PhD, an internist and pain physician at Dartmouth's Geisel School of Medicine and the author of the workbook *Managing Pain Before It Manages You*. "The primary principle of pain management is that you first identify and then treat the underlying disease," she says. That way, you may be able to short-circuit the pain before it lingers and becomes chronic. For instance, with rheumatoid arthritis, there's a group of medications, including anti-inflammatory agents, that generally can relieve the pain. Treating diseases in which pain does not come from an obvious source—fibromyalgia, for example—is trickier. "You need a doctor who takes your pain seriously, because she will persist in looking for a cause," Caudill-Slosberg says. And that may call for a consultation with a pain specialist.

Nonspecialists may not be of much help: A Johns Hopkins study in *The Journal of Pain* found that many medical students receive as little as four hours of instruction about pain control during their four years in school. The authors concluded that education in medical schools about the subject is "limited, variable and often fragmentary."

BEST WAYS TO END THE PAIN

REGARDLESS OF who your physician is, she may prescribe opioids for your pain without knowing much about when to stop and start them. Although this class of drugs, which includes Vicodin and OxyContin, can be highly effective in treating acute pain, it tends to stop working in the long run, so if your pain has become chronic, it is not a good solution. And in some cases, such as migraine headaches, these drugs can cause new or worsening pain, a condition called opioid-induced hyperalgesia. Yet opioids are among the most widely prescribed drugs in the U.S. Last year the American Academy of Neurology tried to change that situation with a position statement declaring that the risks of opioids (such as overdose, addiction and immune system suppression) far outweigh the benefits in chronic, noncancer conditions such as headache, fibromyalgia and low back pain. Borsook concurs: "You should avoid opioids if at all possible."

What's better? Often drugs like Neurontin and Lyrica, which were originally developed to treat seizures, or the antidepressants Elavil and Cymbalta will do a good job, says Caudill-Slosberg. "The neurotransmitters serotonin and noradrenaline, which carry signals in the nervous system, regulate the perception of pain, and antidepressants increase the amount of those chemicals in the brain," she says. "People with chronic pain usually benefit from doses well below those prescribed for depression."

Medications don't always completely snuff out pain, but you can further reduce its magnitude through stress reduction and other strategies. Practices such as mindfulness meditation and yoga have provided good results in randomized trials, notes Stanford's Mackey, who is particularly interested in techniques that help a woman take care of herself rather than therapies that force her to depend on someone else. Caudill-Slosberg agrees: "Passive therapies keep people passive. Acupuncture and massage are good for flare-ups, but depending on someone else for pain relief never works in the long run." Says USC's Richeimer: "The more patients buy into their treatment process—and this holds true for any chronic condition—the better they do. There's lots of evidence that participation by patients produces better results."

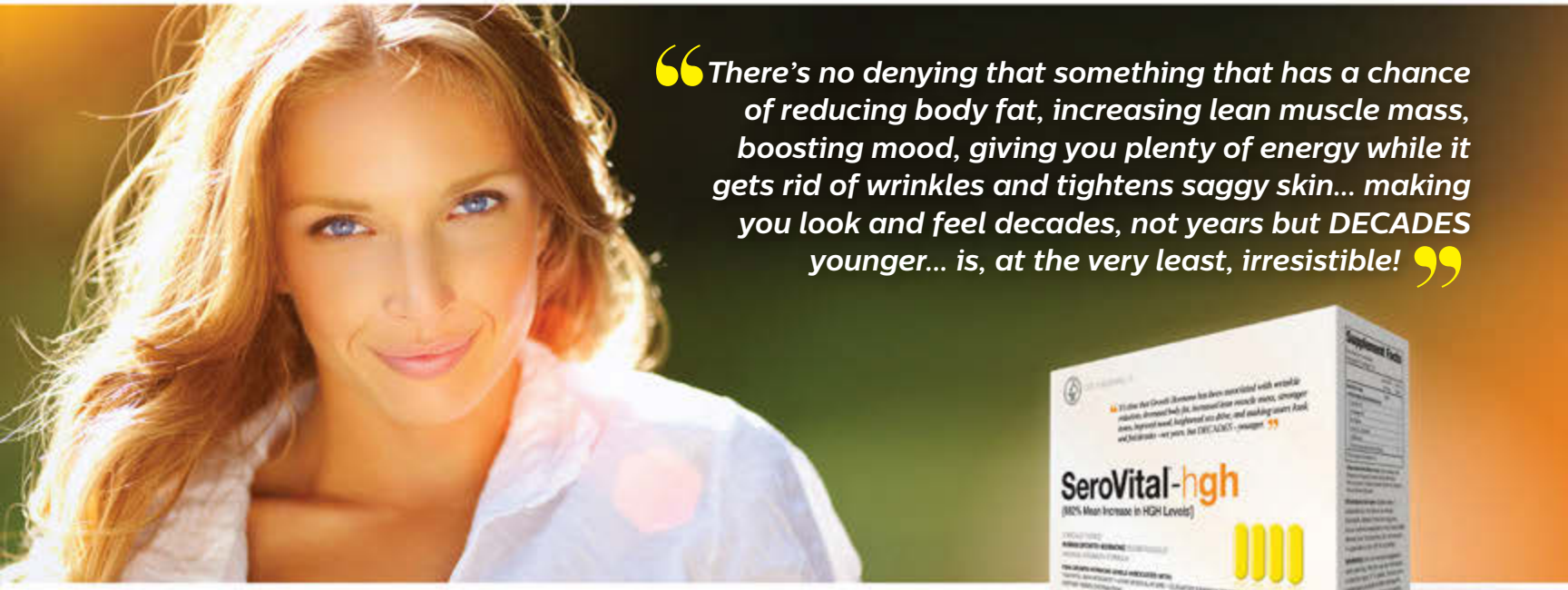
NISSA SIMON is a freelance writer based in Connecticut. Her last story for *More* was "The Women's Health Crisis No One Talks About," in September.

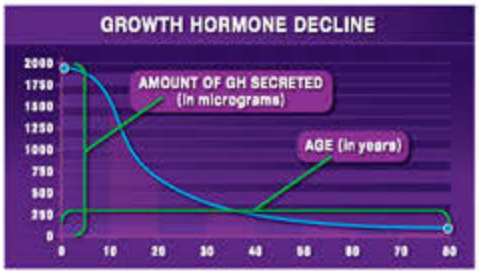
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It seems the press can't stop talking about human growth hormone (hGH). A recent *Shape* magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital®-hgh has been making headlines. After the famed Dr. Oz himself introduced the research behind SeroVital to his audience and said, "I've been searching for this since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call hGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but ***seven*** United States Patents to protect it from imitators.*

the cost factor

At $99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as $1500 a month, $99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-591-8616 or SeroVital.com. Use promo code **HGH300** for free shipping.†

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Protect against Domestic Violence

CONTINUED FROM PAGE 104 principled, to the point of naiveté, says Alford. "I think in some ways they didn't quite get the message that most of us get: that there are sort of two levels at which reality is played—there is what people say and what people do. They come late to this realization. They get it, finally, and that is what motivates them to blow the whistle." In his view, they genuinely believe they have no choice but to report the wrongdoing they have witnessed.

Alford uses the term *narcissism moralized* to describe the indignation that can drive whistle-blowers. "It's a personal outrage that they have been asked to become a corrupt person," he explains. This is a quality that can come across as sanctimoniousness or arrogance, which can curdle into great bitterness and anger if, after all the risks they've taken, the changes they hoped for don't materialize. These terms do not sit well with Radack. Fighting what she calls the "pathologizing" of whistle-blowers—the attempt by their employers and the media to discredit them—is a big part of her job.

"She is *driven* to do this work," says Peter Van Buren, a former State Department official and client. Radack speaks calmly, but she is "fierce and unrelenting," says Drake—sometimes going over the top in her attacks on those who have criticized her clients, to the point of being offensive, as she was in a tweet last April about former CIA and NSA director Michael Hayden, a highly vocal critic of Edward Snowden. "Hayden's a cunt," Radack tweeted, later claiming that she was "just re-appropriating sexist language . . . to show it can emasculate."

To some, her anger seems very personal. And in a way it is: In defending and vindicating her clients, she is vindicating herself. Often a searing critic of the government, she can be very adversarial, which has led some to question whether her zealousness for the cause is always in the best interest of her clients. But in some ways, client and cause are the same.

Radack's fight for whistle-blowers is not an easy one, in part, says Alford, because whistle-blowers unsettle us. "Everything you need to know about whistle-blowing you learned in kindergarten," he says. "It is very hurtful to be on the outside in America." We may have been taught to "praise the lone individual who speaks up for what is right and stands up against the large corporation," he says, but very few people have the courage to step out of line and be that individual. "People are basically moral cowards. In the abstract, perhaps, they admire the whistle-blower, but in the concrete case, the whistle-blower scares them to death."

Should some things remain secret? Who decides? Whistle-blowers raise difficult questions, especially in the world of national security, where many believe they harm the country by revealing its secrets to its enemies. This accusation has been faced by Radack's clients, most notably Snowden. But so far, says Radack, there has been no concrete evidence of damage. Moreover, "to the extent that 'national-security harm' is simply that a whistle-blower's disclosures embarrass the government or make it look bad," she says, "that's not really harm to national security but rather harm to the U.S.'s reputation. It's really the government's fault for ineptitude, incompetence, illegality and cover-up, not the whistle-blower's fault for exposing it." The truth may hurt, but one could argue that in a democratic society, it's better to have too much truth than too little. Looked at in this light, whistle-blowers are a rare species of citizen that a democracy needs to protect.

"When I teach about whistle-blowing," Radack says, "I do a survey in the room and say, 'OK, who would call 911 if they saw an old lady getting mugged?' and everyone raises their hands. That's a form of whistle-blowing that most of us can agree on, and do. Everyone's comfort level, or boundary, where they can't go along with it, is different. I think everyone has the potential to be a whistle-blower, and it depends on being put in some really extraordinary circumstances."

SUZANNA ANDREWS is a contributing editor at *More* and *Vanity Fair*. @AndrewsSuzanna

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STYLE AND SUBSTANCE



SALLIE KRAWCHECK, OWNER OF ELLEVATE WOMEN'S NETWORK AND ELLEVATE ASSET MANAGEMENT, ON BEING PROGRESSIVE IN BUSINESS AND CLASSIC IN STYLE. THIS IS WHAT 50 LOOKS LIKE

ON BEING THICK-SKINNED "I moved to New York in the '80s. Wall Street was where my generation wanted to go, the holy grail of work. There were only a few of us, and the guys were testing us. They would leave Xerox copies of penises on my desk, but I just kept showing up to work. I had to be tough."

ON INTEGRITY "I got fired in 2008 after I partially reimbursed clients for risky investments made during the downturn. I advocated returning some of their money, so I lost a lot of money—but I wanted to be able to look at myself in the mirror."

ON WHAT WOMEN MUST DO "In 20 years of banking, no woman asked me for a raise, and the vast majority of guys did. Women have to ask."

ON GETTING HER MONEY'S WORTH "I'll splurge for a beautiful purse and carry it until it's frayed and given out. It's hard to say no to Chanel."

ON HER GREAT-SKIN STAPLES "I've loved Estée Lauder DayWear Advanced Multi-Protection Creme SPF 15 [$32; macys.com] since my twenties. When my daughter was little, she would put it on while I was away on business because the scent reminded her of me. I also swipe on Philosophy Miracle Worker Retinoid Pads and Solution [$75; sephora.com] because I like the way they tingle on my skin."

ON TRUTH TELLING "My life is not so perfect. My kids have had health issues. I've been fired twice, and both times it was reported in the *Wall Street Journal*. But I overcame it, and I believe we should all share how we do that."

STYLIST: DENISE PICHARDO; HAIR: MARK ANTHONY USING JULIEN FAREL HAIR CARE FOR JUDY CASEY INC.; MAKEUP: DANIELLA AT WORKGROUP USING DIOR; MANICURE: MAYUMI ABUKU REPRESENTED BY RONA REPRESENTS USING DIOR VERNIS. DRESS: MAISON MARGIELA; EARRINGS: EFFY; RING: LIV HALEY

PHOTOGRAPHED BY *Ari Michelson*


5 AMAZING RESULTS
1 BEAUTIFUL BREAKTHROUGH
VISIBLY HELPS
ILLUMINATE DULLNESS
HYDRATE DRYNESS
DIMINISH DARK SPOTS
SMOOTH WRINKLES
LIFT SAGGING
WITH PROVEN HEXINOL™ TECHNOLOGY
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DAILY MOISTURIZER
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NUDE AIR
A FRESH COMPLEXION THAT BREATHES
- NEW -
NUDE AIR SERUM FOUNDATION – BROAD SPECTRUM SPF 25:
a weightless fluid foundation enriched with an oxygenated skincare ingredient for an instantly fresh and velvety complexion with flawless correction.
NUDE AIR HEALTHY GLOW POWDER: an airy veil that helps protect against pollution, for all the radiance of a natural, healthy glow.
The nude effect is flawless and the skin more beautiful each day.
FOR 94%* OF WOMEN, THE COMPLEXION IS IMMEDIATELY FRESHER.
AT LEAST 97%** OF WOMEN FEEL THEIR SKIN BREATHE.
* Self-evaluation after application of the serum foundation followed by the compact powder. N=33 women.
** Self-evaluation at t=4 weeks after application of the serum foundation (N=33) or the compact powder (N=31).
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